



JEFFREY MORGAN: HIGH-PERFORMANCE LIFE STRATEGIST

From Incarceration to
Inspiration, breaking
free from the prison
behind your eyes:

HIJACK YOUR MIND

Jeffrey Morgan's journey from a troubled past to a beacon of transformation is not just a personal triumph but a testament to the power of resilience, accountability, and purpose-driven leadership from pain to power in any environment working with high performers through to those wanting more out of life on all levels.

With over 935,000 lives impacted through his programs, workshops, and events, Jeffrey stands as a living example of what's possible when one commits to profound personal change with his "IF I CAN, YOU CAN" showing anyone can if their WHY & PURPOSE is defined enough behind his "Excuses are the nails that built the house of failure" mentality to create a better reality.

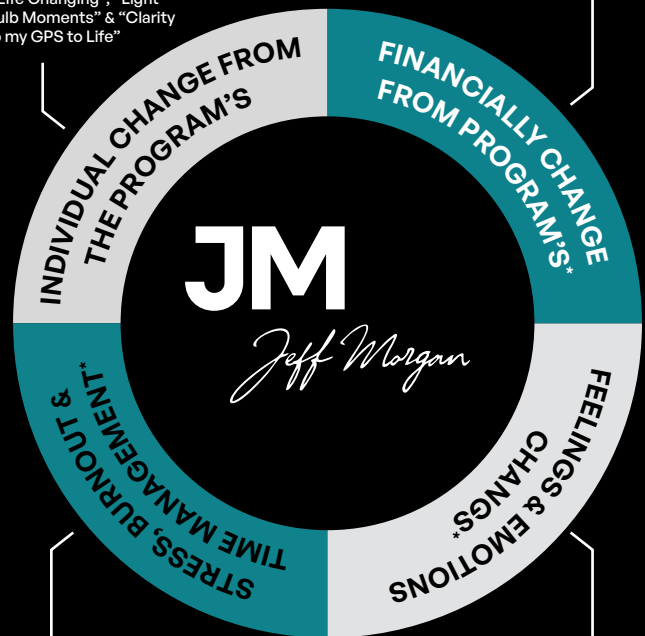
JEFFREY MORGAN PROGRAM KPI'S

(Data collected 2010-2025)

Those that followed
the program (100%)
Common responses
to the program

Increased revenue
by over 1000%
*Individually & organisationally

"Life Changing", "Light Bulb Moments" & "Clarity to my GPS to Life"



Started at a 8+
and finished at a
2 or less daily

Started program at
a 3 and finished/on-
going at 8+ daily

*Individually & organisationally

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KEY SUCCESSES



CORE COMPETENCIES

Business & Personal Development: Leveraging a unique blend of lived experience and formal education, Jeffrey empowers individuals and organizations to break free from limiting beliefs and achieve peak performance.

Stress & Time Management: Through his programs, clients learn to navigate high-pressure environments, enhancing productivity and well-being.

Burnout Prevention: By fostering emotional intelligence and resilience, Jeffrey equips teams to recognize and combat burnout, ensuring sustained performance.

Emotional Intelligence: Developing self-awareness and empathy, clients enhance interpersonal relationships and leadership effectiveness.

Relationship Building: Strengthening communication and trust within teams to foster a collaborative and supportive work environment.

Cultural Transformation: Implementing strategies that align organizational values with employee behaviour's, leading to cohesive and purpose-driven cultures.

Financial Literacy & Quality of Life: Educating clients on financial management to improve personal and organizational financial health.

- Transformed over 935,000 people's lives through his programs (AMS's, Government organisation, corporate organisations, High performance sporting teams, Universities, Colleges, Schools, Defence force, Health services & Individuals)
- Successfully helped organisation's scale their businesses on a financial, personal & structural level (See Notable collaborations for some of the lists of organisations)
- Created National Framework (See Government organisations)
- Created engagement plans where there was no engagement (Reported increases of 460% - Data collected)

“Every company has KPIs. Few have KFHs—Key Friction Habits. That's where your real problems live.”

- A sledgehammer for teams stuck in burnout, blame, or broken morale.

FLAGSHIP PROGRAM'S

+ Culture to Conquer™

From survival mode to savage success.

Built on the streets, delivered on Country — this in-person Aboriginal excellence program rewires your mindset, rebuilds your identity, and reclaims your future. From pain to power, this is your reset.

+ The Escape Plan™

Because burnout is the new baseline.

This in-person corporate intervention smashes through the 7 pillars holding your team hostage — burnout, stress, poor systems, weak leadership, and more. We don't fix problems. We eliminate them.

+ The Lifestyle Program™

Your mindset's been hijacked. Let's take it back.

Live. Online. Twice a week. No fluff — just real, raw personal development across mindset, EQ, finances, and relationships. This is the blueprint to rebuild your life from the inside out.

+ The Business Accelerator™

From the cellblock to the boardroom, I learned how to build.

Daily live workshops. Zero guesswork. Scale your business with systems, sales, and serious accountability. It's not motivation — it's execution.



JM *Jeff Morgan*

QUALIFICATION'S & CERTIFICATION'S

- 40 years of lived experience in Business, Mindset & Life
- Bachelor of Nutrition Science
- Diploma in Business Studies
- Certificate IV in Fitness
- Certificate IV in Conflict Resolution
- Certificate IV in Anger Management
- Suicide Prevention Certification
- Mental Health First Aid
- Metabolic Precision Certified
- Drug & Alcohol Counselling
- First Aid
- Supply Nation Certified
- Australia & NZ Mental Health Association Certified

WHO JEFF HAS WORKED WITH

Jeffrey has collaborated with a diverse range of organizations, including:

- Government agencies at Federal, State & local levels
- NSW & ACT Health
- Office of Preventative Health
- Ministry of Health
- NSW Education
- National Suicide prevention organisations
- NRL - Every team in the National Rugby League
- City of Sydney
- News Corp Limited
- Department of Communities & Justice
- Australian Defence Force
- University of Sydney
- Westmead Hospital
- Mission Australia
- SBS

THIS ISN'T IMPROVEMENT. IT'S A COMPLETE REWRITE.

Jeffrey Morgan is living proof that rock bottom can become a launchpad—if you've got the guts to take off.

“YOU AIN'T ANYBODY UNTIL YOU ARE YOU”

MEDIA FEATURES

Jeffrey's transformative journey and impactful work have been featured in various media outlets:

I Catch Killers with Gary Jubelin: A deep dive into Jeffrey's life story and his path to redemption.

Studio 10 Interview: Discussing his programs and the impact on communities.

Channel 7 Interview: Highlighting his work in transforming lives and organizations.

Channel 9 interview: Discussing the CULTURE TO CONQUER program

Mark Bouris Podcast: Discussing Business, Mindset & Life

Ant Middleton: Discussing Resilience, Mindset & Habits

CONNECT WITH JEFFREY MORGAN

Ready to shatter limits and lead with power?

Jeffrey Morgan doesn't just inspire change—he ignites transformation at the core.

This isn't self-help fluff. Its strategy forged in fire.

If you're serious about rebuilding culture, crushing burnout, and unlocking high-performance results in business and life — Go to jeffreymorgan.com.au and lock in a program, workshop, or keynote that actually moves the needle.

One habit. One choice. One breakthrough at a time.

JM *Jeff Morgan*

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