



REG LENNEY



[www.reglenney.com](http://www.reglenney.com)

# MEDIA KIT 2019



REG LENNEY

## VITAL COACH

### Supporting Some of The World's Most Powerful Leaders and Professionals

Reg Lenney is a multi-award winning vital coach and global expert best known for supporting some of the world's most powerful leaders and professionals - by helping them achieve and maintain the highest levels of mental and physical performance, ensuring they are consistently at their best, especially when the pressure is high.

**"By making subtle key changes to your routine, you can make massive improvements to your life, health and performance levels."**

With over 30 years of success, Mr. Lenney has supported leaders from Fortune 500 CEOs to actors as Gerard Butler, Al Pacino, and Royal Family members from around the world.

Today, Mr. Lenney continues to travel the world and is one of the most sought after vital coaches for those seeking to reach and maintain their "master of the universe" status.



Are **YOU** ready to go from great to *extraordinary*?

THE MULTI AWARD WINNING VITAL COACH

## EXPERIENCE SECOND TO NONE

### Supporting Amazing Individuals and Companies



Since 1986, Reg has been living, working, and traveling with high performers and global leaders around the world, ensuring they are consistently at their best.

Reg has had the rare opportunity to train, support, work with, live with and travel with some of the most powerful and highly successful people and companies on the planet -- those who put their health and their brand value first. Those who need to ensure they are at their best exactly when they need to be.

This experience and knowledge gained working so close with the world's elite, has allowed Reg to create efficient and effective strategies and techniques, together with his medical, and therapeutic training that can easily be incorporated into any business and lifestyle, at any age. Strategies that eliminate physical, emotional and energetic negativity, saving his clients time, money, frustration, and energy; ensuring fees paid for support will pay for itself quickly and effectively helping to eliminate what may be holding you back or down, especially with the pressure is high.



A well known Corporate CEO, who wishes to remain anonymous stated: "Retaining Reginald was the best thing I ever did, the cost of his service was earned back 100,000 fold, the consequences of trying to save a buck and not investing in myself is devastating not only to every aspect of my life but also to my family's life."

## Everything Affects Everything

The strategies Reg Lenney uses ensure his clients are healthy, happy and full of natural energy -- and it all starts at home from the moment you wake up in the morning.

Your beliefs, your choices, your environment, your relationships, how and when you fuel your body, daily routines and so much more. All affect efficient and productive your day is, as well as how you feel and how you treat others. How you react to stress and pressure, how your mind works, and how energized your body is all comes down to the choices you make.





*“Thanks for helping me to do my job better.”*

– Gerard Butler



*“Reg is the BEST of the best, the difference between good and exceptional!”*

– Alan Cumming & Hugh Jackman



*“I have never experienced anything like it. Reg is a true healer.”*

– Halle Berry



*“Thank you for traveling with me and making my work so much better.”*

– Al Pacino



*“Thank you for changing my life!”*

– Susan Sarandon

Meet Irene. After 30 years of suffering from autoimmune disease and a lot of eczema, the “specialists” said she would essentially have to deal with her condition.

Coming from a wealthy family, Irene was able to travel the world to seek help from “the best known doctors and clinics”, who all said “there is no cure” and she “will need to stay on all her medication and chemotherapy for the rest of her life, in order to keep her alive.”

Working with Reg, within 4 months she was 100% symptom AND medication free! Years later she is still 100% symptom free.

“ When the family is united and healthy, there are very few limits of what can be achieved together and as unique individuals. The power of success starts in the home. ”



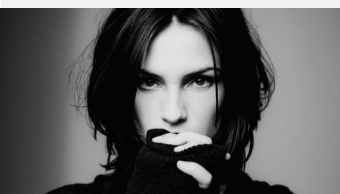


## A Top Global Speaker & Author

Reg has established himself as a top global speaker with experience broadcasting around the world, speaking in front of more than 160 million viewers.

Author of BE YOU! – The Strategic Guide to the Ultimate Natural You ....

Multiple winner of Health coach of the year and many other awards in the health, coaching, speaking and training industries.



*“You fixed a chronic rib issues no one else could and my doctors told me would cause me pain for the rest of my life.”*

– Famke Janssen

## Life Before, During, and After World Champion Status

You’ve sacrificed for years, working long hard hours to reach your dream of becoming the champion, celebrated actor, singer, or chief executive.



The opportunity finally arrived. You stepped up and are now at a world-class level -- and now find yourself in a whole new world. **THIS is where the hard work has just begun!** You must attend all the best parties, give endless interviews and promotions, or lead a top organization to greater heights.

When the pressure is high it can be easy to throw all your hard work and sacrifices down the drain. You must maintain your health, your drive, your mindset which got you where you are -- yet balance all the other things that come with being famous and at the top. To avoid the crash and burn.

**All the greats know** the value of having a coach who **GETS IT**, who can hold them **ACCOUNTABLE**. Who can guide and keep you motivated to **be the best YOU** that you can be.--- This is where Reg really shines.

Reg works with individuals wishing to live at world class levels, helping them to:

- Avoid the pitfalls that can destroy a career before it even starts.
- Avoid the ‘crash and burn’ during a career, while maintaining high levels of mental and physical performance once greatness is achieved.
- Rise out of the chaos and back to greatness, finding balance across career and family life.
- Live a life of greatness well into the golden years, when it’s time to enjoy the freedoms and benefits of being retired into a healthy, happy and fulfilling life, filled with endless opportunities.





## Finding Passion Outside the Norm

Since 1986 Reg has been training and upgrading his skills and techniques in multiple areas of health, wellbeing, and personal growth and development. After 4 years of medical school, which showed Reg this was not the path he wished to follow, his passion and curiosity grew. He was not interested in the norm, which seems to be maintaining low levels of health, energy or success in order to keep a list of clients regularly paying monthly fee's. Reg's drive and passion are to help his clients eliminate the issues, so as to consistently grow into and beyond new and exciting ventures and experiences. This passion took Reg to India for 7 years where he trained full time in Ayurvedic medicine, followed by 3.5 years in traditional Chinese medicine, from there he moved back to Canada and traveled regularly between Vancouver, LA and New York, where he was invited to work with the most amazing individuals and companies, supporting their extraordinary growth and empowerment.

“ Since then, Reg has consistently upgraded his education in sectors such as fitness, nutrition, phycology, business, relationships, environment and so much more, and been invited to share his 10 keys and his passion around the world. Reading the testimonials from his world famous clientele clearly shows that Reg is not your average coach. As many of his clients state, you need to experience it to understand the value and power of it. ”

## Hitting Success Without Looking Back



In Abby Road Studio, London...

Corporate support and guidance...

Supporting Women in Business and the real world....

Keeping the Director of X-Men Bryan Singer healthy and pain free...



The Sutton Place Hotel Company

**starwood**  
Hotels and  
Resorts





# REG LENNEY

The Multi Award Winning Vital Coach

## Early Beginnings...

"Starting before I was even born, my Father was diagnosed with brain cancer. For the first 15 years of my life, I watched as my father battled with cancer. I noticed when my father was doing what the doctors were saying, he was either in bed or he was drugged up on the couch or he was on his hands and knees, hammering his head against the floor because his head was hurting so much.

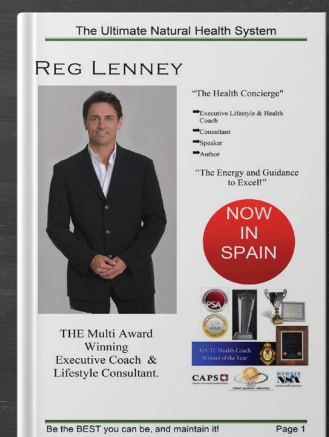
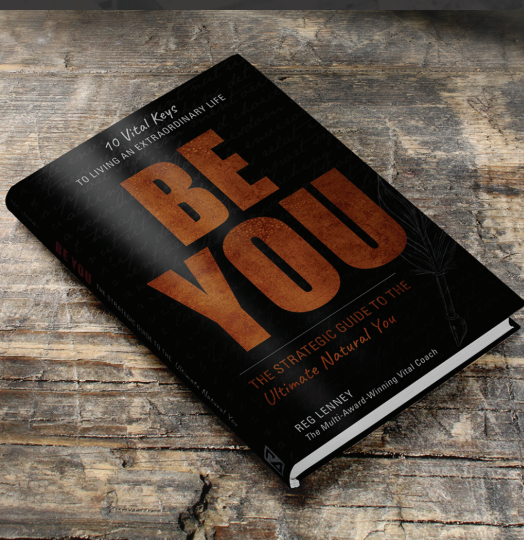
Conventional medicine told us this was "good". However, when he was doing the "hokey pokey witchcraft stuff", as my Grandmother would call anything outside conventional Western medicine, he acted normal, he returned to work, and most important to me at the time, he was more of a father.

I wondered if there might be more to this "hokey pokey witchcraft stuff" after all -- which ultimately sparked my interest in science, medicine, traditional and alternative care, and getting to the core of it all.

Watching all this as a child, made me interested in how the body works and what makes us healthy or unhealthy.

I remember being six years old and rubbing my Dad's head, putting my hands on him and him saying that I made him feel it all.

It opened my eyes to the importance of looking at all aspects of a person's life and why we get sick in the first place, rather than just dealing sickness. It's what inspired me to ultimately look at health holistically. I wanted to make a difference in people's lives, happiness, health, and success."







REG LENNEY

Meet Reg Lenney, “The Health Concierge”, Multi-Award-Winning Vital Coach, Lifestyle Consultant, Speaker & Author. Throughout his career spanning almost 30 years, Reggie has worked with extraordinary individuals and groups across the globe who are seeking exceptional levels of health, energy and vitality. He guides and supports them in achieving extreme levels of mental and physical performance as well as teaching the key’s to achieving and enjoying a long, balanced, happy and successful life. Reg has had the rare opportunity to live and travel with some of the most powerful and highly successful people on earth, who put their health and their brand value first in their life, and now he has tuned his strategies into the Ultimate Program that can teach you what he has learned.

The Multi-Award winning Vital Coach – with over 30 years’ experience supporting the world’s A-list celebrities, Royal families, pro sport athletes, singers/song writers, corporate executives and companies to achieve and maintain the highest levels of mental and physical performance, ensuring they are consistently at their best.

What all the greats realise is the importance and value an experienced coach, mentor, and guide provides. Someone who is with them when it matters most, to hold them accountable to maintain peak performance. Maximizing their brand value, as well as maintaining their “hero” status with their partner and kids.

When it comes to this experience in achieving results, Reg Lenney is second to none – is incredibly passionate, and is widely seen as one of the top experts of his craft.

## EVENTS

Retreats on multiple health topics such Your Brand Value, Women Power, BE YOU! work shops for Therapists, Individualized corporate retreats and workshops, as well as public speaking.

“**Are YOU ready to go from great to extraordinary?**”  
-Reg Lenney


If you have inquires for Reg Lenney or would like to discuss how you can work directly with Reg, Contact Michael at: [michael@reglenney.com](mailto:michael@reglenney.com)

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