

LUCAS AOUN

TEDX SPEAKER

CORPORATE WELLNESS EDUCATOR

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About Lucas

Lucas Aoun is a **corporate wellness educator** and founder of Boost Your Biology. A qualified Naturopath with a background in biological science, he runs talks, workshops and retreats for teams facing burnout, disengagement and rising mental health load.

He has spoken at **TEDx** and **Biohacker Summit Amsterdam**, and been featured on ABC News and CEO Times.

✉ lucas@boostyourbiology.com

What I Cover

- Fighting burnout at work
- Boosting focus and engagement
- Optimizing mental health for peak performance
- Building a high-performing team

TALKS • WORKSHOPS •
RETREATS • CONSULTING

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Since working with him, my overall quality of life has improved significantly. He knows his stuff.

Ziggy Daher • Executive



"Lucas is a world class educator, speaker and facilitator. He is extremely knowledgeable, easy to work with and very down to earth. Given his extensive educational background and independent research, I highly recommend booking him for an upcoming workshop or event you might be planning."

DAVE ASPREY

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