



Nikhil Autar

EX CANCER PATIENT, MEDICAL STUDENT, MENTAL HEALTH ADVOCATE, SOCIAL ENTREPRENEUR AND SPEAKER

WWW.NIKHILAUTAR.COM

Speaking profile highlights

Inspiring, diverse, humorous, to message.

Motivational, How to make the most of your Mind.

- **Lead ambassador**; Sydney Ride to Conquer Cancer (Pictured top right) - <https://youtu.be/AQaCFJ41k-M>; ~2000 in attendance, including media.
- Spoke to **Sydney Sixers** (professional cricket team) and **Sydney Boys Basketball team** (national champions that year) about [applying neuroplasticity principles to achieve success.](https://youtu.be/kgo8Q0etQrg)
<https://youtu.be/kgo8Q0etQrg>
- **Australian Indian Medical Graduates Association** Keynote address; How doctors ALWAYS make a difference. <https://youtu.be/jHKwE7AW10E>
- **Spoken for numerous charities**, including national TV interviews/program features (SBS Insight, ABC news for Canteen, Leukaemia Foundation etc.)

Mental Health Advocacy

- **Australian Medical Association Doctor's Health Conference keynote**; to medical leadership in Australia, members of parliament, and leaders from legal, business and not for profit entities.
- **Headspace Leadership meeting** talk on challenges to accessing care
- **Various university addresses** on mental health in medicine and youth.



Corporate and professional

- **AGM keynote address at financial management fund** managing mid 9 figure portfolio. Talk on Resilience and living a fulfilling life.
- **Facilitated Build2Lead university society workshop** (UTS); on implementing innovative mindsets to corporate challenges.
- **Keynote address** at NSW Government's Multicultural Health Service conference.
- **Many for corporates, government + NGOS.**

Personal

Recently started Vlogging (in addition to blogging) on YouTube! www.youtube.com/NikhilAutar

About Nikhil

His story

Diagnosed with leukaemia at 17, in his final year of high school, he managed to accomplish his dream of **studying medicine** the next year, and is currently conducting **breaking edge cancer research** in the field of immunology and circulating tumour cells.

He developed a mindset, after being told the bad news, **to focus on the things he could control**, and to take a step back, and **look for a second, better way to handle challenges and situations**; which he now applies, in **combination with neuroplasticity principles**, to research, studies, poker (he's a professional!) and in his remarkable social enterprise, combating **common, unnecessary complications and diseases** faced by vulnerable patients (including other cancer patients) called **Get To Sleep Easy**.

www.GetToSleepEasy.org

100% of speaker 'fees' will be invested into this (tax deductible options available) He's happy to talk for free for great causes.

Social/media profile, get in touch

- Numerous media appearances; SBS Insight, 9 news (for Get To Sleep Easy).
- Written for/about in The Australian, Daily Telegraph, America Today, USA today, amongst others.
- Maintains social media presence for personal blog/vlog. Facebook.com/musingsofamedstudentpatient, Instagram/Twitter - @nikhilautar
- His blog - approaching 1million views, motivates and inspires patients and the medical profession - nikhilautar.com



MEET OUR FOUNDER

Nikhil Autar is an ex-cancer patient, medical student, cancer researcher, and poker pro.

At 60% lung function, he found getting to sleep challenging. After nearly dying from preventable illness, he had enough..

He lost friends to things like falls, and pneumonia. And knows others have it worse

. So decided to do something about it - creating a bed which reduces these, and does so much more - and is giving all his profits back to charity.

Get in touch;
info@nikhilautar.com
info@gettosleepeasy.org



Topics - he also tailors talks to audiences brilliantly!

Hacking your Brain to build Resilience and to Become the Best Version of Yourself.

Surviving cancer 3x naturally imparts wisdom, but Nikhil combines his expertise as a researcher and evidence based knowledge of neuroplasticity, learning and psychological theory, with his powerful story to teach ANYONE how to "hack themselves". A refreshing, funny, science-and-reason backed approach to motivation sure to help ANYONE (he doesn't believe in being 'brave' or 'courageous') become the happiest and healthiest version of themselves is what this offers!



Dealing with Depression, Stress, Loss - and Whatever Else life throws at you

Personal struggles with this condition, and chronic pain (which he has overcome with knowledge of the above), left Nikhil wondering how to live for a while.

But he now combines experience with scientific knowledge of this insidious disease to inspire anyone, from school students and cancer patients, to doctors at international conferences and equip them with the skills to help them cope with anything in life.

This topic is personal and diverse, as is his approach



Starting from Scratch. His entrepreneurial journey:

Having started up Australia's Student Startup of the Year, Get to Sleep Easy, with winnings from his poker career, and grown it (in a year, he's partnered with Australia's largest nursing home chains to some of the world's biggest firms to disrupt aged-care), Nikhil's deep knowledge of business, hustle and determination is sure to inspire. He speaks and runs workshops for university students, conferences and corporates on various topics pertaining to entrepreneurship.

Growth Hacking 101:

His blog has surpassed 1million views. His Facebook page generates 50,000-150,000 impressions PER WEEK with only 2200 likes, his website gets 30,000 click-throughs/month and he's gotten free international coverage for his startups and worthy causes (including an event where, with 1 days notice, he got 4/5 national broadcasters + international news coverage + over 250 people to come out in silent protest). This power-packed talk is sure to upskill, inspire and foster creative minds!

Other topics

Nikhil also has spoken to numerous other topics. From inspiring THE Liverpool Football Club, to stand-up comedy, to running workshops on innovation, MCing events - he is very versatile and knowledgable on many topics. Feel free to reach out with any requests, and he'll see if he can make it happen!