

Matt Cowdroy

Productivity Ninja, Facilitator, Speaker and Coach.

“Engaging and present, professional yet relaxed, confident but not cocky.”



Matt Cowdroy is a Productivity Ninja and the owner of Think Productive Australia.

Having spent the first 20 years of working life in the corporate world, Matt has first hand knowledge and experience to understand the pressures faced in today's fast-paced environment.

Matt's formal qualifications are in Business and Marketing. He is passionate about people - understanding what motivates them, their wants and their needs. He also has qualifications in Yogic Studies and Meditation. This provides a broad perspective when discussing productivity, stress management, mindfulness and working life.

Matt's style has been described as “Engaging and present”, “Professional yet relaxed”, “Confident but not cocky”.

In 2014 Matt was managing the North Asia region for a market leading Australian Health and Wellness business. At Sydney Airport, enroute to Hong Kong, he bought a copy of “How to Be a Productivity Ninja” by Graham Allcott. In Matt's words, “I found the book insightful, down to earth and relevant to today's intense work pressures. My Inbox is now Zero and I enjoy the workflow approach to achieving more and stressing less.”

After reading the book and having discussions with Graham, Matt launched Think Productive Australia. More information on the business can be found at:

www.thinkproductive.com.au (Think Productive Australia)

www.thinkproductive.com (Think Productive Global)

Matt's passions are productivity and mindfulness, his family, his dog, yoga, mountain biking and nature.



“I feel I am in the right place when I'm helping other people grow and learn new ways to approach work and life”.

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REVIEWS: “It's been incredibly valuable for the whole team to participate together. It will enable us to support each other, share and generate ideas and improve practices. It will make a big difference”
Elaine Montegriffo, CEO, SecondBite Australia

“The Inbox to Zero workshop with Matt was life changing.”
Peter Drinkwater, CEO, House of Brand, Australia

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