

Maurizio Rosini

International Trainer | Men's Coach | Mentor | Keynote Speaker | Corporate Trainer

Maurizio Rosini is a globally recognized **trainer, men's coach, mentor, and keynote speaker** who has dedicated his career to helping men break free from **procrastination, self-judgment, and frustration** transforming their lives with **self-mastery, productivity, and success** in both their personal and professional spheres. With years of experience coaching hundreds of men one-on-one, Maurizio challenges them to **step out of their comfort zones** and take **bold action** toward their goals.



As the **founder of MyMasterMan**, a pioneering platform for men's mental health, physical well-being, and emotional mastery, Maurizio has built a thriving community dedicated to personal growth, accountability, and resilience. His work focuses on empowering men to develop **unshakable confidence, clarity of purpose, and the discipline to execute at their highest potential** leading to **stronger relationships, peak performance, and financial success**.

Maurizio has collaborated with **global organizations** such as **Shell, Asia Business School, Fitness First, Food Panda, Peak Performance, Amani Biohacking, Ascaro, and LeadWomen**, delivering powerful corporate training programs that **equip professionals with the mindset, tools, and strategies to optimize their performance**. His corporate sessions provide attendees with an **immersive transformation** enhancing their leadership, communication, stress management, and productivity, ultimately benefiting both individuals and their companies.

A leading **advocate for men's mental health**, Maurizio has been invited to speak on major **podcasts and radio shows** such as **MIX FM and BFM Radio**, raising awareness about **emotional resilience, masculine leadership, and high-performance habits**. His expertise is widely sought after for **corporate events, leadership summits, and private coaching engagements**, where he delivers **impactful keynote speeches and interactive training experiences**.

Maurizio's **approach to coaching and training is rooted in biohacking, deep inner work, and holistic well-being**. By integrating **mindfulness practices, bodywork, breathwork, and cutting-edge neuroscience**, he empowers individuals to **rewire their mindset, optimize their energy levels, and perform at their absolute best**. His **high-energy, no-nonsense coaching style** inspires men to take full ownership of their lives, leading to lasting personal and professional breakthroughs.

Whether working with **executives, entrepreneurs, or teams**, Maurizio's mission is clear: to **help men evolve into their most powerful, grounded, and successful selves**, creating a **ripple effect of positive transformation** in their businesses, families, and communities.