



**Here's why  
Sophie Scott is  
one of the most  
sought-after  
speakers:**

**Sophie Scott OAM has a unique ability to emotionally connect with her audience as she explains the latest medical research and neuroscience around mental health, leadership and communication skills.**

Her keynote speeches are never formulaic, but instead, deeply personal and profoundly actionable - drawing from her journey as an award-winning broadcaster, international speaker, author and mother of four.

Sophie specialises in corporate wellbeing, mental health and the power of effective communication: all designed to help individuals, teams and companies maximise their peak performance.

Sophie imparts knowledge and ignites inspiration.

Her extensive background, combined with her vast social media following, positions her as a thought leader who empowers audiences with actionable strategies for change.

In her role as keynote speaker, each engagement is a bespoke masterpiece, meticulously tailored to your event's context, objectives, and the unique challenges your audience faces.

With a foundation in cutting-edge science and neurological research and a profound understanding of human behaviour, Sophie crafts each keynote speech to be captivating and transformative.

Her narratives are enriched by relatable anecdotes from her own life and the thousands of people she has helped, enhancing her storytelling and connecting deeply with her listeners.

The essence of Sophie's mission is clear: she aims to equip your audience with actionable tools, unwavering confidence, and the transformative power needed to enhance leadership, collaboration, and communication skills.

Sophie currently has a suite of topics for keynote speeches including

[THRIVING THROUGH CHANGE - and avoiding burnout at the same time.](#)

[2 SIMPLE STEPS TO PEAK LEADERSHIP PERFORMANCE & the neuroscience behind them.](#)

[ELEVATE YOUR INFLUENCE: The art of impactful communication.](#)

# Thriving Through Change

## AND AVOIDING BURNOUT AT THE SAME TIME



You've heard it a million times – change is moving at lightning speed. And guess what? It's not just a saying, it's a straight-up reality. That's why "Burnout" has found its place in our conversations and even in the clinical books.

So here's the kicker: how do YOU and YOUR TEAM handle this intense pressure, the crazy pace, and the endless chaos, without slamming face-first into the burnout brick wall?

In her foundation keynote speech **Thriving Through Change** Sophie Scott OAM shares intimate details of her own clinical burnout experience, how it impacted her and her family and her quest to uncover the latest science to bring herself back to health. An award-winning broadcast journalist, author and TedX speaker Sophie all but collapsed at the podium as years of relentless stress finally caught up with her. Her thought at that moment? "At least I am about to collapse in front of some of the country's top medical professionals."

"Thriving Through Change" isn't just a keynote. It's a transformational ride that hands audiences the evidenced-based, science-backed tools to make sure you and your team can maintain peak performance and still avoid the danger of burnout.

[Sophie can craft a powerful, inspiring and practical keynote speech specifically around your needs. Or, through her one hour Lunchtime Learning sessions, conduct a webinar on Thriving Through Change, for your team.]

# 2 Simple Steps to Peak Leadership Performance & THE NEUROSCIENCE BEHIND THEM



Physical and digital bookstores are stacked with countless books spouting complex theories about nailing peak leadership. But guess what?

Science has finally spilled the beans, and achieving peak leadership performance is way simpler than you ever thought.

In her breakthrough keynote **"2 Simple Steps to Peak Leadership Performance,"**

Sophie Scott OAM says goodbye to the myths and time-wasting concepts.

By doing a deep-dive into the latest medical research and neuroscience, she has discovered that the two most powerful tools needed for becoming an epic leader are right under your nose.

As a multi-award winning journalist Sophie recently turned her evidence-based focus on to the latest leadership research, and the results are amazing.

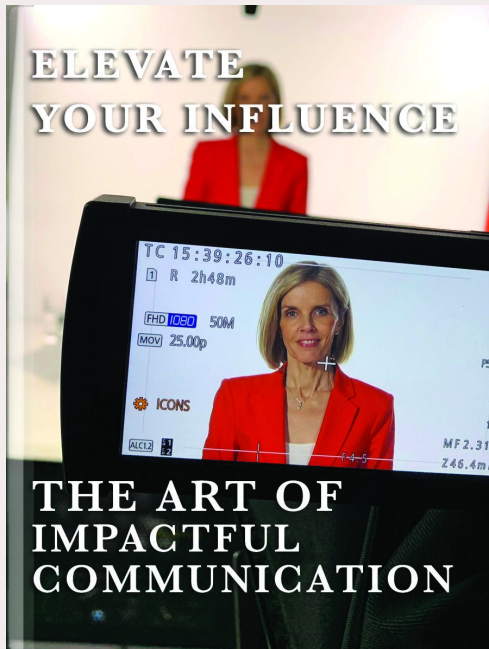
In her second major keynote speech Sophie reveals the secret to levelling up your game, boosting your team's mojo, and scoring epic success in two simple words – Connection and Collaboration.

Get ready to rewrite your leadership game by letting Sophie and the latest science, show you how to tap into the most powerful resource that's right at your fingertips.

[Sophie can craft a powerful, inspiring and practical keynote speech specifically around your needs. Or, through her one hour Lunchtime Learning sessions, conduct a webinar on Thriving Through Change2 Simple Steps to Peak Leadership Performance for your team]

# Elevate Your Influence:

## THE ART OF IMPACTFUL COMMUNICATION



In her latest keynote speech, Sophie Scott OAM shows how to turn the simple process of communicating into a secret weapon that will change your life at work and home.

Digging deep into her 20 years as an award-winning broadcast journalist, the keynote speech Elevate Your Influence is a unique experience crafted from Sophie's remarkable journey from working as a commercial copywriter to a preeminent national medical reporter, author and TEDx speaker.

And guess what? It's all about YOU. Whether you're a seasoned pro or just starting out, Sophie's got the golden key to unlock career-altering communication skills. This isn't some cookie-cutter talk; it's a transformational journey into the world of communication that can revamp your whole life.

So, if you're ready to wield the power of your imagination and voice, you're in for an unforgettable experience. Buckle up, because with Sophie as your keynote speaker, we're diving into a game-changer!

## **Sophie also creates customized speeches and multi-event leadership series for clients.**

Speaker on the Future of Health for 1 month off-site event for a top 3 global management consulting firm involving 2,000 plus staff.

Host for 5,000 strong international psychology conference.

MC and moderator for a thousand person professional day at International Convention Centre Sydney, Australia.

5 part series on motivation and leadership for a multi-national employment agency.

### **PAST WEBINAR SERIES HAVE INCLUDED:**

- Audience: Real Estate agents and brokers
- Topic: The Power of Connection
- Audience: Top researchers and scientists
- Topic: Scientifically Speaking
- Audience: Female executives
- Topics: Strategies for women to thrive

These are just a few examples with previous clients. If you are interested in customized keynotes or multi-date series on the topics of Change, Motivation, Leadership, Confidence, Women and Business, and Management/Influence—let's talk!

To find out more call Phil or send him a message  
(He manages all things speaking.)

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