



P.W.

DR PAIGE WILLIAMS

KEYNOTE SPEAKING

BECOMING

AntiFragile

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Dr Paige Williams is not your average presenter

Paige combines playful humour with a meaningful message, streetwise smarts with evidence-based data and delivers it in a way that feels like dinner-table conversation.

Using a potent blend of positive psychology, neuroscience, leadership, her own research, and over 20 years international business leadership experience, Paige provides practical, evidence-based strategies, tactics and tips for leaders to become AntiFragile and thrive through challenge and change.

Paige knows her stuff.

Considered a wellbeing and leadership expert, Paige is an Honorary Fellow of the Centre for Positive Psychology at the University of Melbourne, where she lectures and continues her research work, and is an Associate of Melbourne Business School.

Paige's leadership experience is broad and deep.

As a senior leader, she's seen leadership done well and not so well. This real-life experience, coupled with her deep academic knowledge fuels Paige's superpower of making research real, relevant and relatable to the work that leaders do every day. Paige has helped thousands of leaders in business, government, NGOs

and schools leverage their energy, attitude and mindset to become AntiFragile. She has seen the impact it has - for them, their teams and their organisations.

Paige believes each of us has a capacity for leadership that we have yet to realise.

And that leaders are the most potent leverage point we have to create positive change in any system - a family, a team, a school, an organisation.

She encourages leaders to dig deep and think big to leverage their leadership for positive, purposeful impact for themselves and others.

Once you've worked with Paige, there are no excuses.

Known for captivating an audience, Paige will connect with your delegates, making them laugh and cry. Offering practical evidence-based leadership tactics your audience can immediately apply, Paige leaves people with the confidence and motivation to feel well, do well and lead well.

Paige's new book, 'Becoming AntiFragile: Learning to Thrive through Disruption, Challenge and Change' will be available mid-2020.



KEYNOTE

Discovering AntiFragile

Guiding Principles to thrive through Disruption, Challenge and Change

We have become too fragile.

The way we live, our systems, our processes and our expectations make us fragile. Yet the world we live in is more complex, more connected, more open to change, and more ambiguous than ever before.

The gap between our capacity to cope and the world we have created is getting bigger.

As we become more fragile, the context we live in demands that we improve through disruption, not just endure it. That we embrace change rather than resist it. That we lean into challenge as a learning opportunity rather than something to avoid.

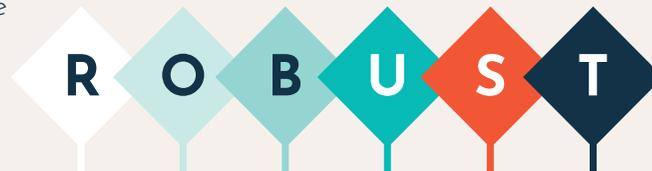
Resilience and robustness are no longer enough.

We need to become AntiFragile; to thrive through challenge and change

Discovering AntiFragile is a powerful keynote based on Paige's personal experience, her research and many years' professional experience.

This practical keynote will help leaders:

- Understand why being resilient is no longer enough
- Get clear about what's making us fragile and how to address it
- Discover what it means to be AntiFragile
- Explore six practical guiding principles to Becoming Antifragile.



KEY THEMES

- > Leadership
- > Disruption
- > Performance

KEYNOTE

Becoming AntiFragile

Learning to thrive through Disruption, Challenge and Change

Leadership isn't getting any easier.

Shorter deadlines mean less time; streamlined teams means fewer people and budget constraints reduce resources. The social and work environment is complex and changing at a pace beyond our capacity to keep up. And the post-COVID workforce will demand a different style of leadership - they want flexibility, integrity and purpose from their leaders; and they're voting with their feet.

Leaders are feeling the pinch through exhaustion, burnout and stress.

Learning how to sustain personal energy, foster courageous and constructive attitudes and hold a mindset that is open to learning is critical for leaders to meet the volatile and uncertain environment of the Decade of Disruption.

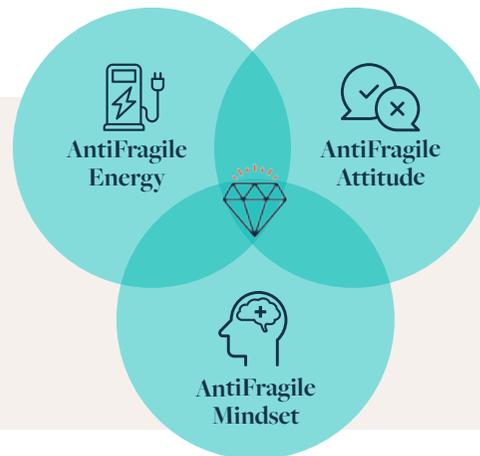
Leaders need to understand the root cause of leadership success.

Becoming AntiFragile helps leaders learn how to develop AntiFragile personal Energy, Attitudes and Mindsets to create conditions that elevate - themselves, the people they lead and the outcomes they achieve.

Are you ready to Become AntiFragile?

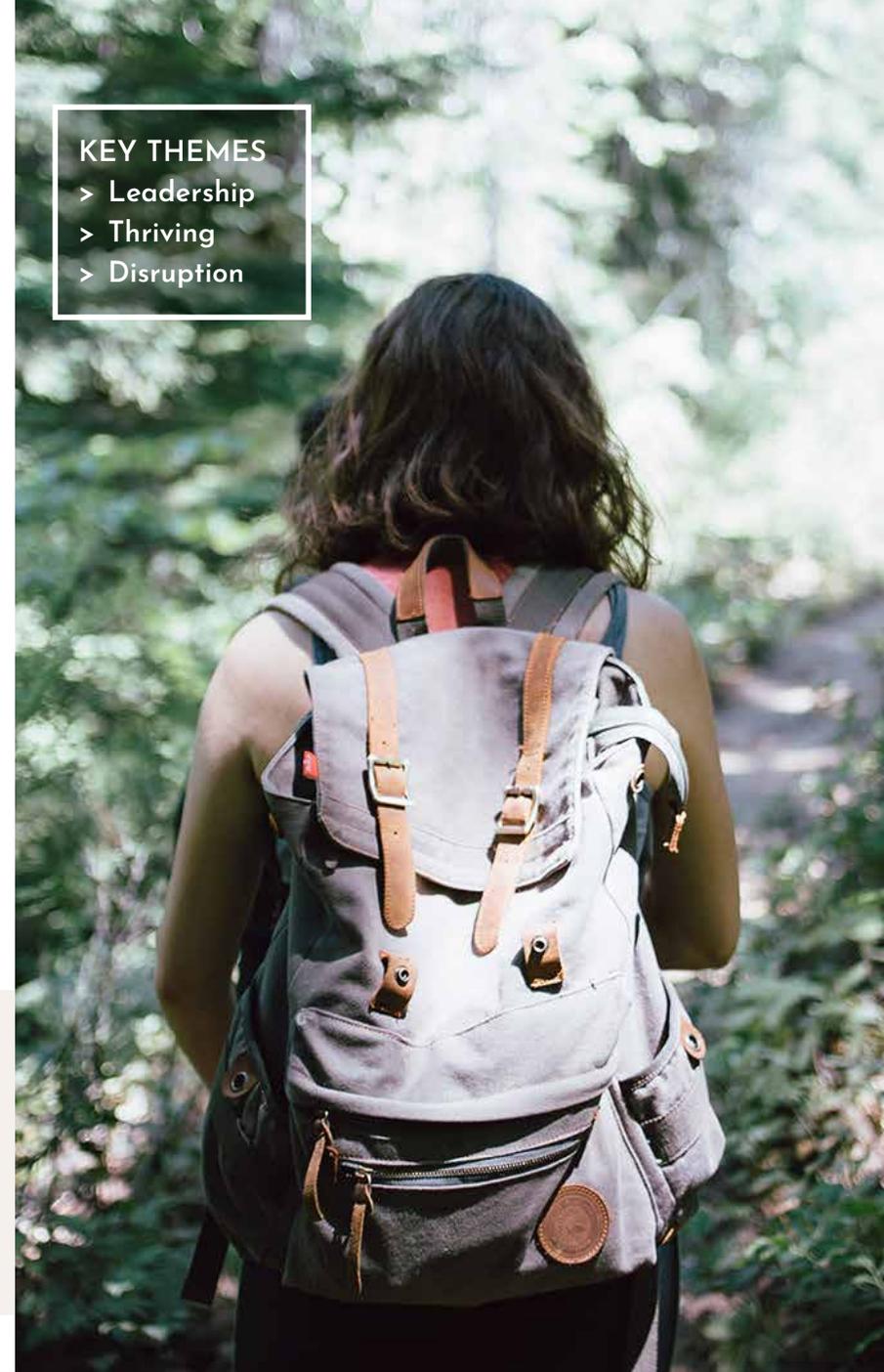
This powerful keynote helps leaders:

- Discover what it means to be AntiFragile
- Learn the power of AntiFragile energy
- Uncover the potential of AntiFragile attitudes
- Understand the potent impact of AntiFragile mindsets



KEY THEMES

- > Leadership
- > Thriving
- > Disruption



KEYNOTE

Living AntiFragile

A personal journey of Becoming AntiFragile

Becoming AntiFragile is not a Hero's Journey.

In this compelling and intimate keynote, Paige shares Becoming AntiFragile stories, reflections and learnings from her professional and personal life.

The ups and downs, the challenges and opportunities, the joy and sadness.

The real, honest look in the mirror that made her question how she was showing up, what was serving her and what was not.

The deep changes she made to her beliefs, the stories she tells herself about who she is, and who she could become.

The courage it took to show up imperfectly, take risks with vulnerability and have a bigger, braver view on the impact she could have in the world.

The choice to intentionally lead her life, her way and achieve things for herself and others she had never imagined possible.

Be inspired to take your first steps to Becoming AntiFragile.

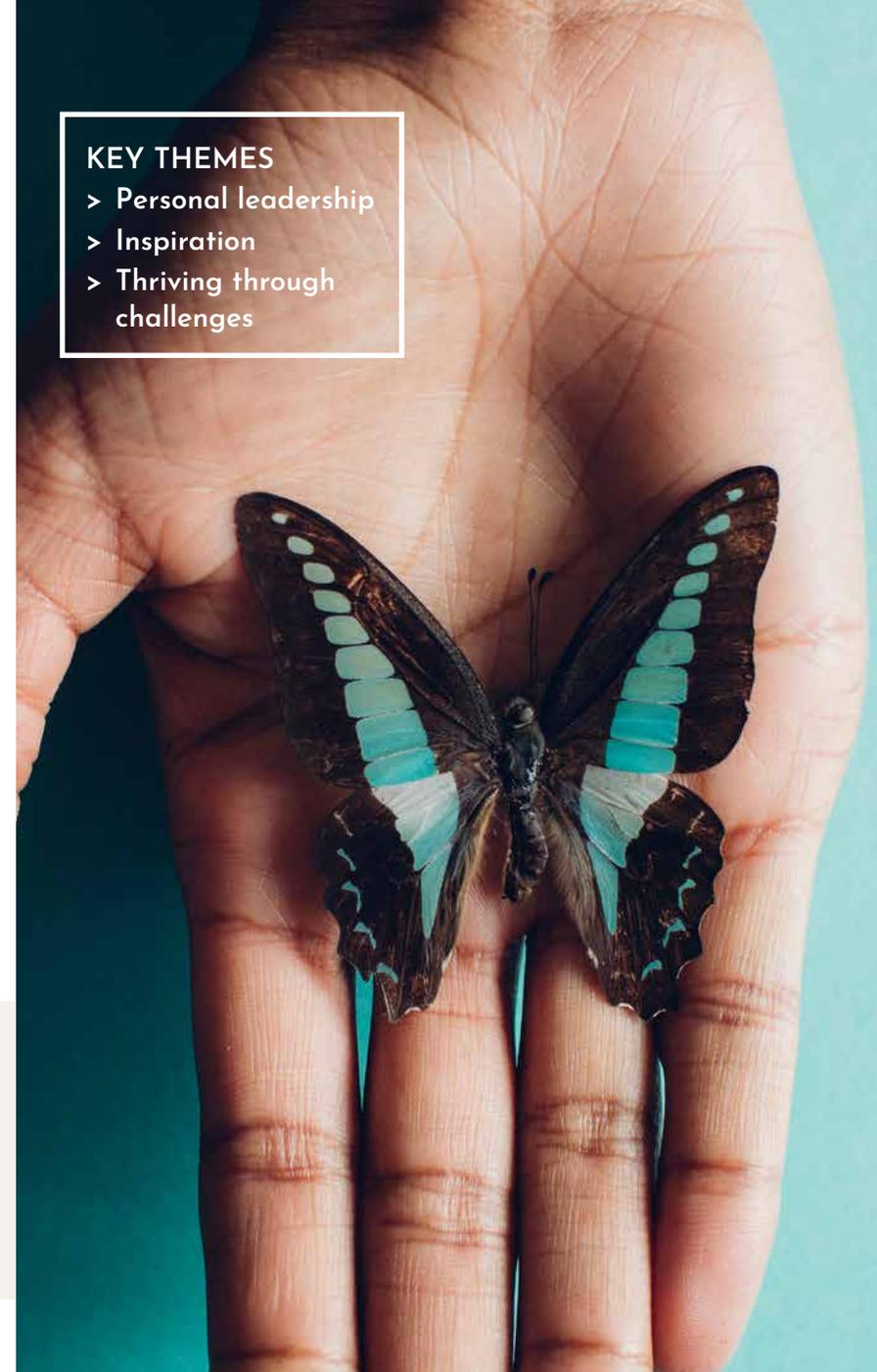
This compelling keynote will:

- Inspire leaders to become more of who they really are
- Motivate leaders to understand more of what they truly want
- Explore with leaders how to get there.



KEY THEMES

- > Personal leadership
- > Inspiration
- > Thriving through challenges





Discovering AntiFragile

PRACTICAL GUIDING PRINCIPLES TO THRIVE IN THE DECADE OF DISRUPTION

Challenge and struggle don't have to be signs that people are breaking.

Research has found that people who have the skills to become antifragile can use moments of uncertainty and change to propel learning, growth and performance.

We can thrive through disruption, challenge and change with the right guiding principles.

The ROBUST Principles can help us benefit rather than break from the experience.

KEY THEMES

- > Leadership
- > Disruption
- > Performance

Through this masterclass people will learn how to:

- Recruit their brains to manage fear and stress.
- Operate in reality and stop emotional leakage.
- Break cycles of negativity and confidently build their strengths.
- Use intelligent risks to create a growth mindset and fuel psychological safety.
- Seek collective wisdom through healthy conflict to make purposeful progress.
- Tackle the infinite game by scaling these approaches for long term benefit.



Becoming AntiFragile

CREATING ANTIFRAGILE ENERGY, ATTITUDES AND MINDSETS

The social and work environment is more complex and unstable than ever.

Leaders need to pivot and adjust.

They are being asked to do more with even less - less time, fewer people, reduced resources.

With AntiFragile energy, attitudes and mindsets leaders can feel prepared, confident and motivated to proactively manage the challenges and leverage the opportunities they are facing.

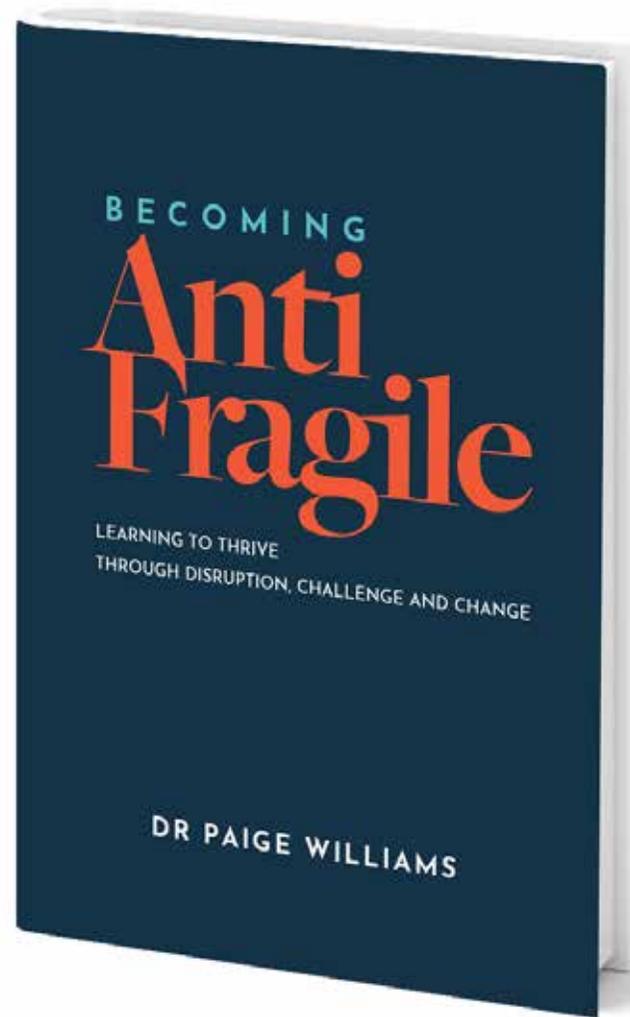
KEY THEMES

- > Leadership
- > Thriving
- > Disruption

Through this masterclass people will learn:

- What it means to be AntiFragile
- The power of AntiFragile energy and how to create and sustain it even when times get tough
- Three key AntiFragile attitudes and how to use them to generate trust, psychological safety and high performance
- How AntiFragile mindsets create our reality and determine our leadership impact.

BOOK



BECOMING AntiFragile

LEARNING TO THRIVE
THROUGH DISRUPTION, CHALLENGE AND CHANGE

Are you ready to become AntiFragile?

The start of this decade has seen unprecedented levels of disruption around the world. The climate change debate, bushfires in Australia, the political fall-out of Brexit in Europe, the US elections and most recently, a global pandemic with coronavirus. The full implications of each of these disruptions are still emerging, but we can be sure that the ripples will be felt for years to come. Welcome to the Decade of Disruption.

Are you ready?

This book offers leaders practical guiding principles to:

- Embrace change rather than resist it
- Lean into challenge rather than avoid it
- Learn to thrive when times get tough.

The future is more uncertain than ever. Many leaders are struggling. With this book, you won't be one of them.

Coming mid 2020.

What people say about Paige



Paige was so engaging!

One of the things that I loved about her presentation was she took us on a journey about really understanding what makes good leadership and what creates great cultures as a result of thriving leaders. And I really love the ability to be able to have conversations at our table, and really bring this content to life. Paige is a really engaging presenter, and very, very knowledgeable, clearly, about her subject matter expertise.

I would recommend Paige to others who are interested in understanding what the role of culture and leadership is, and how to create the thriving workplaces, so everybody can be their best. She's an absolute master of knowing the knowledge, but also, the application of that knowledge. And I think that that combination of the two is really fantastic for people leaders, in all industries, to be able to be hearing about.

Margo Lydon, CEO of Superfriend

What people say about Paige



Dr. Paige, she's fantastic. I think we all learned something today either as an individual or the leader of the organization. She provided some diamonds, and I love her reference to the Antifragile. I think that we can all resonate with that. We've taken a lot away, and I also think at WorkCover, we do a lot of those things, but we could certainly do better.

Listening to our people, believing what we do, change matters, if you bring people along on the journey. So most definitely repeating, because she used that a few times, as well, repeat, repeat, repeat.

Christina Carras, Chief Customer Officer with WorkCover Queensland



Paige is one of the best speakers I have ever listened to. She accompanied this with an engaging and relevant presentation.

Brisbane Business Breakfast attendee



Paige's presentation style is engaging, professional and unique in the sense that she can expertly and seamlessly adapt to the needs of the group. Her knowledge of the content she delivers is so deep and profound that any rabbit warren that participants want to go down, Paige handles with ease.

Janelle Meyes, Leadership Portfolio Manager, Committee for Geelong



Paige helped my team re-connect and re-imagine the purpose, impact and importance of our work. She approaches deep work in an engaging, light and playful way that makes people feel comfortable to explore new ideas and boundaries. By challenging our self-concept and surfacing our underlying beliefs, we came away with broader horizons, a re-ignited passion and a clear pathway to move forward.

John Butler, Manager, Learning and Development Transport Accident Commission



Feedback from our staff about the work Paige does is always positive; she is engaging, funny and translates complex ideas into language that everyone can understand.

Mara MacDonald, Learning and Development Manager, Adroit Insurance and Risk



The work that Paige did with my team shifted their mindset and approach to leadership which resulted in them showing up in a very different way with their teams. I noticed that they were more able to have the right conversations at the right time, which meant that issues were dealt with more easily and they looked for ways to connect with people and acknowledge their efforts and contribution. The improvement in energy and engagement as a result was tangible.

Tracey Wagner, Supply Chain Director Swisse Wellness

Work with Paige

To find out more about working with Paige, please contact Niki Flood, Paige's Relationship Manager.

What you can expect when you work with Paige:

- > Quick turnaround on your emails and phone calls.
- > Pre-event consultation with Paige to ensure she understands what you want and need, so that we can produce the best experience for your audience.
- > An engaging and uplifting experience that leaves your audience with new ideas and practical steps they can use straight away.
- > If your event is a public one, an announcement will be shared about it on Paige's social media.
- > A tailored resource exclusively for your audience to access after the event.

Contact Niki for further information:

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www.drpaigewilliams.com

[VIEW PAIGE'S SHOWREEL](#)

PW.
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