



PW.

DR PAIGE WILLIAMS

KEYNOTE SPEAKING

More than 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.

She 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.

Paige will inspire your audience to feel well, do well and lead well.

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.



Topics

We can develop a Keynote agenda to meet your specific goals, but these are what I am being asked for most frequently to shift people's perspective and mindset and help them become more AntiFragile.

Beyond Resilience to Becoming AntiFragile

Turning Uncertainty And Disruption To Our Advantage.

Bouncing back isn't enough and it's exhausting. We need to benefit rather than break from the ongoing uncertainty and disruption.

How can we embrace change rather than resist it?

How can we lean into challenge rather than avoid it?

How can we learn to thrive through disruption and uncertainty?

By Becoming AntiFragile.

In this keynote we::

- Explore the surprising truth about thriving and struggle
- Discover why resilience is no longer enough
- Learn the 1 simple question that helps us turn uncertainty and disruption to our advantage

How to Struggle Better

The Reality Of Living With Disruption And Uncertainty.

The added complexity of the COVID-impacted workforce and workplace can make navigating the constant uncertainty and disruption feel even harder, as we try to get our heads, hearts, and hands around what this week's 'new normal' looks like.

The reality is, struggle is a natural part of life.

So rather than denying or resisting it, how can we learn to struggle better?

In this keynote we::

- Explore why our beliefs about struggle are no longer serving us
- Discover the challenges that hold us back from change and how to overcome them
- Learn the 3 steps that help us learn forward towards thriving and growth

Doing Better by Doing Less

The Role of Rest & Recovery in Thriving through Disruption And Uncertainty

We can't perform well if we don't have the energy to feel well. And as our workplaces and lives become more dynamic and disrupted, looking after our energy is more important than ever.

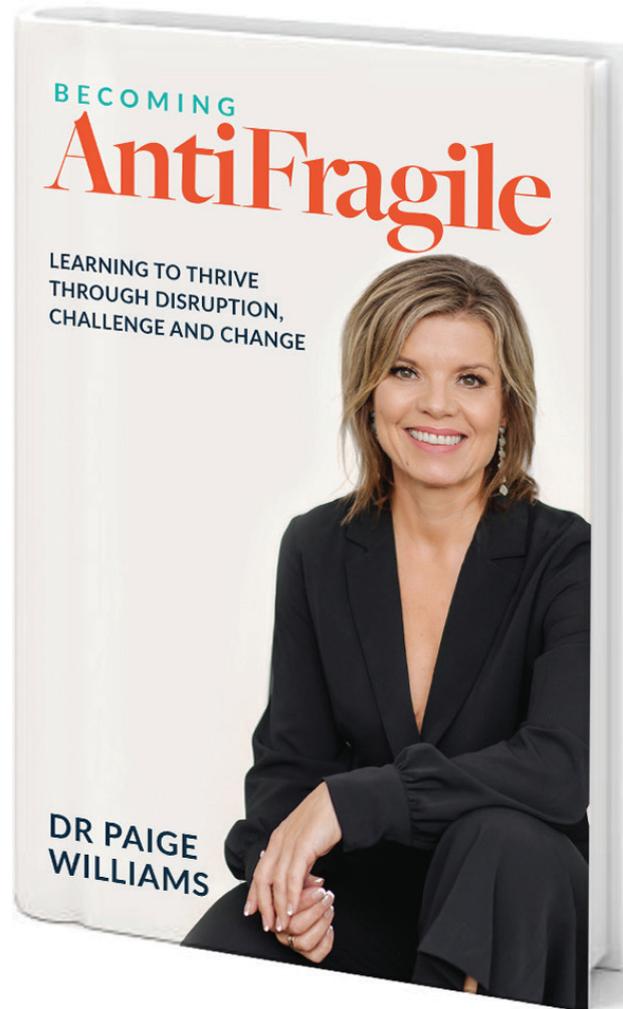
But what are the most effective ways to rest?

And why is it so hard for most of us to make it a priority?

In this keynote we::

- Explore new ways to create energy through rest and recovery
- Discover the beliefs that prevent us from switching off
- Learn how to take a smart and strategic approach to rest and recovery that serves us in the long term

Book



Are you ready to move beyond resilience?

The level of disruption as we start this new decade is like nothing we've experienced before. Resilience simply won't cut it in the face of such uncertainty. 'Bouncing back' isn't enough. It's exhausting and it's burning us out.

We need something that sustains us in the long term.

We need to benefit rather than break from our experiences.

We need to Become AntiFragile.

Using evidence from neuroscience, psychology and lived leadership experience, 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.

Now available

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 was outstanding. She helped our leaders understand how to build strategic resilience for themselves and their teams at a time when they were feeling fatigued with the ongoing disruption and uncertainty. Our leaders found Paige informative and refreshing and they came away with ideas and tools they could immediately apply.

Tim Horman, Manager Learning and Development, People, Culture & Legal, CitiPower, Powercor and United Energy



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



Paige was an ideal presenter for our recent client end of year function, themed leadership. Her presentation style was natural and engaging, with personal real-life examples that left my audience feeling connected and inspired. If you want a speaker that will motivate your audience to reflect, analyze and make positive changes to their behaviors, then I could not more highly recommend Paige.

David Ramsay, CEO, Income Solutions

Working with Paige

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 public, Paige will promote it to her newsletter community, professional network and through social media.

[VIEW PAIGE'S SHOWREEL](#)

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