

Dr Richard Chambers

High-Performance, Wellbeing and Leadership Speaker

Dr Richard Chambers is a world-renowned expert in mindful leadership, peak performance, and wellbeing, offering a unique approach that integrates cutting-edge research with practical, evidence-based strategies. With over 20 years of experience, Richard has worked with startups, Fortune 500 companies and government agencies, delivering practical, evidence-based tools that drive sustainable change in performance and culture. He is the co-founder of the Smiling Mind app and a TEDx speaker, known for his engaging delivery and actionable insights.



Richard's sessions go beyond motivation, providing the tools to create real, measurable improvements in leadership, resilience, and mental health. Whether online or in person, he tailors each programme to meet your specific needs, ensuring your teams leave empowered and ready to thrive. As an award-winning Clinical Psychologist, Adjunct Associate Professor at Monash University with over 50 publications, and author of 3 books, Richard's approach is deeply grounded in scientific rigour, ensuring long-term benefits for individuals and organisations alike.

His global reputation for transformative leadership training makes him a sought-after speaker who creates lasting impact.

Testimonials

“ Dr. Richard Chambers delivered a great session on mental health that was practical and truly resonated with our audience, addressing the need for stress management, burnout prevention and building resilience. His ability to blend compelling stories with evidence-based strategies provided valuable insights into managing mental health challenges effectively. He highlighted the significance of open communication and empathy in fostering a supportive community, which is crucial for mental well-being. His expertise and engaging delivery left a lasting impression. I highly recommend Dr. Richard Chambers for any organisation looking to enhance their approach to mental health and resilience.

- AFG

“ The workshops were by far the best I’ve ever attended. Richard has a unique and compelling way of grabbing and maintaining everyone’s attention, and the learnings were invaluable. Every single team member walked away with practical tools they could immediately implement in their day-to-day work. And they have been integrating them! We are excited to engage Richard again for future training for our team.

- Marianne Marchesi - Managing Principal, Legalite

“ Richard delivered an outstanding keynote address to our organisation. His deep expertise, engaging style, and practical insights left a lasting impact. Richard seamlessly blended research with relatable examples, inspiring our team to prioritise mental wellbeing. His professionalism and commitment to our mission were evident throughout the process. We wholeheartedly recommend Richard as a speaker and look forward to future engagements with his expertise.

- Amanda Clements - Group HSE Manager, Mirvac

“ Richard’s session at the FAAA 2023 Congress was really well received by session attendees. Feedback included comments like: “Excellent session. Loved it. Great speaker, great content and practical tips that are easy to implement”, “Best session of the conference! Excellent examples and practical solutions” and “Best session of the day by far. I intend to incorporate all of the tips given”.

- Tania Milnes - GM, Financial Advice Association Australia

“ A number of people reached out following your session and expressed their thanks as they found it really valuable and took a lot from it. You pitched it perfectly and included a great balance of statistics and research, along with practical and actionable suggestions for how to make changes. You have a really professional and polished presentation style which was also well received by our people. You absolutely nailed the brief. I really appreciated how much you tailored the session to the objectives we discussed when we initially spoke. It really met the needs of our business and will help us continue to have more conversations about this with our people moving forward.

- Heidi Mangan - Senior Organisational Development Specialist, Data#3

“ Dr Richard Chambers keynote provided fantastic insights to the human mind and behaviours that lead to loss of productivity. He provided specific solutions to overcoming difficulties often faced in the workplace. Working in a fast-paced environment it is important to utilise every moment you have. The team found Richard to be an engaging presenter and found his session to be very beneficial in identifying simple strategies which they could easily embed in their daily routine. I would recommend Richard to everyone as there are so many practical insights and learnings. The strategies shared are simple and effective and allow for higher productivity and improved efficiency.

- Chris Thompson - Injury Management, Qantas Airways

“ Richard has equipped our senior leaders with a suite of essential mindfulness practices and tools that help to build and sustain high performance. His highly immersive sessions have contributed significantly in shifting the dial and enabling our leaders to live a more balanced, integrated life. Richard is a master in creating and maintaining meaningful connections with our team. He is a valued partner who continues to actively contribute to the wellbeing of our leaders. Richard's sessions have now become a key component of our leadership development offer at Bunnings.

- Ryan Powell - Capability Manager, Bunnings

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