

Barry Du Bois

Resilience Advocate, Mental Health Expert and Inspirational Speaker

A celebrated keynote speaker, mental health advocate, and cancer survivor dedicated to inspiring and empowering audiences to navigate life's challenges with resilience and optimism.

With a rich background as a well-known TV presenter and over a decade of experience in the mental health and well-being sector, Barry combines his personal experiences with practical insights to deliver heartfelt and transformative presentations.

As a board member of RUOK Day and a member of Suicide Prevention Australia, Barry is committed to fostering mental well-being and supporting communities. His journey through personal adversity—including a life-threatening fall, a terminal cancer diagnosis, and overcoming severe depression—provides a unique perspective on how to transform setbacks into opportunities for growth.



Barry Du Bois Talks About

Sailing - A Metaphor for Life

Barry draws on his experiences of solo sailing across open seas to demonstrate how life mirrors the unpredictability of the ocean. He illustrates that while we can't control the wind, we can adjust our sails to stay on course.

Key Takeaways:

- Perseverance and trusting the process
- Embracing challenges as opportunities for growth
- Practical tools for enhancing resilience

Closing Doors, Opening Doors

Through personal stories and practical exercises, Barry highlights how closed doors can lead to unexpected new beginnings. He helps audiences reframe loss as a chance to discover potential and embrace change.

Key Takeaways:

- Recognising new possibilities after setbacks
- Building resilience and optimism
- Strategies for embracing change

Rebuilding Resilience

In this uplifting keynote, Barry shares his powerful journey of confronting life's toughest challenges, including battling cancer. He provides audiences with actionable strategies to rebuild resilience and cultivate courage.

Key Takeaways:

- Transforming adversity into strength
- Embracing challenges with courage and optimism
- Practical steps to foster personal and professional growth

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