

Sue Langley

Master Trainer of Neuroscience & Emotional Intelligence

In today's fast-paced and ever-changing world, understanding and harnessing the power of human potential has become more crucial than ever. Sue Langley is a remarkable individual who has dedicated her life to this pursuit.



Sue is the founder and CEO of the Langley Group and the Academic Director of the Langley Group Institute. Sue's passion for positive psychology, emotional intelligence and neuroscience and her unwavering belief in the ability of individuals to thrive and flourish have made her a prominent figure in the field.

The Langley Group is a consultancy specialising in transforming organisations and their people through the science of human flourishing. Sue's experience shows that the theoretical understanding and practical application of neuroscience, emotional intelligence and positive psychology research will inspire leaders and teams to build positive cultures and optimal performance.

Sue's innovative approach to unlocking human potential has garnered widespread recognition.

Her expertise and thought leadership have taken her across the globe, where she has delivered keynote speeches, workshops, and consulting services to organisations in diverse industries.

Her work has influenced leaders, professionals, and educators, inspiring them to embrace a more positive and strengths-based approach to personal and organisational development. Through the Langley Group and the Langley Group Institute, Sue Langley has touched the lives of countless individuals, empowering them to unleash their potential and thrive. Sue has helped create environments that nurture wellbeing, resilience, and high performance by equipping organisations with the tools and strategies to foster positive work cultures.

Her success with global businesses has fast seen other organisations follow their lead, and Langley Group's bespoke programmes are now delivered worldwide at all levels. Sue is a Master Trainer for the Mayer-Salovey-Caruso EI Test (MSCEIT), the Strengths Profile and the Work on Wellbeing tool. She holds (among many qualifications) a Master's in the Neuroscience of Leadership.

Sue's unwavering commitment to improving lives reminds us that when we focus on human potential, we unlock a world of possibilities.

Sue Langley talks about:

The Future is Human® - Wellbeing in the Age of AI

How do we harness technology to elevate human potential and flourish for the future? This keynote provides insights into how we can integrate technology to enhance our wellbeing. Exploring the intersection of AI and human wellbeing, emphasising the importance of keeping humanity at the core of progress. By focusing on a positive psychology and wellbeing approach, we can shape a future where AI serves as a catalyst for human flourishing.

Other topics include:

- Positive Leadership
- Creating the world we want to live in
- Emotions and Emotional Intelligence
- Living your best life!
- Courage and confidence
- Chance and choice - what luck and good decisions do
- Genetics, epigenetics, microbiome, and neuroscience - what the research tells us about thriving in life!
- Wellbeing and flourishing

Client testimonials

“ Oracle Corporation has been working with the Langley Group for the last couple of years throughout Australia and New Zealand. Working with them has really helped us increase the leadership capability within our organisation, which is key to our ongoing success. What sets them apart from others in this space is their passion and knowledge of the subject, and the genuine nature of the relationships they form.

- **Oracle**

“ Working with the Langley Group has had a major impact on our organisation. They have helped us transform our culture. It's made communication flow a lot better and relationships become stronger. The changes have had direct results on our bottom line. Optimism is now a fundamental part of our culture. We are committed to the continual development of optimistic behaviours in our staff, volunteers and clients.

- **Camp Quality**

“ The Langley Group has had a massive impact on the people they trained. The communication they have with their colleagues and managers has certainly improved. It's been a direct result of their better understanding about themselves and how others act and behave.

- Zoetis

“ What sets the Langley Group apart from other experts in emotional intelligence is their in-depth knowledge. They have a broader, deeper understanding of how to develop these new behaviours. They really tailored the program to financial advice and our business.

- Perpetual

“ Sue Langley facilitated a team planning day and her approach was so different from the usual strategic business planning that the impact has been really profound.

- Public Relations Institute of Australia

“ We have seen a new positivity and a new way of thinking from our people, which has been delightfully surprising.

- Nuance Group

“ I am very excited by the prospect of applying a new type of thinking that I believe will benefit my colleagues, teams and customers as well as my family and friends. I had a lot of light bulbs go off and the brightest for me was realising lost opportunities – how little I use my EI skills and abilities on a day-to-day basis. I can now imagine the potential for generating positive outcomes through the thoughtful and strategic use of emotional intelligence.

- Westpac

“ I got more out of the half hour I managed to see of your session than the daylong workshop with another speaker yesterday. You have a more hands on and practical approach to the issues I want training on, including how the brain works and how to best deal with ‘difficult’ clients. I only wish I had heard more!

- Q Invest

“ Brilliant ideas to take back, positive energy. Excellent presentation, very interactive. Grabs audience attention, very informative. Strong presence, relevant message. Exciting... I could have spent a whole day listening to Sue Langley!

- Mind & Its Potential

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