

# Graeme Cowan

## *Author, Team Care and Resilience Speaker*

In rapidly changing and uncertain workplaces, Graeme shares practical and proven advice, that is focused on turning team care and resilience knowledge into action.

He loves being a professional speaker because sharing ideas can lead to conversations, and conversations can lead to action and change. As a Founding Board Director of R U OK?, he has watched this simple idea become an iconic movement.

As the host of The Caring CEO podcast, he interviews CEO's who champion a culture of care AND high performance. This includes the CEO's of Adobe, Bunnings, Microsoft, Blackmores, ANZ, Culture Amp, Deloitte, The Starlight Foundation, and R U OK?

In 2000 he went through a 5-year episode of depression that his psychiatrist described as the worst he had ever treated. He emerged from this crisis with a different view about how we can increase our resilience, mood, and performance.

He is the author of 5 books, including the internationally acclaimed BACK FROM THE BRINK, which has a testimonial from the former UK Prime Minister Tony Blair, and which has become a best seller in China.

He is also the Co-Founder of WeCARE365, which creates simple scalable eLearning to help managers prevent and detect early any mental health issues.

## ***Graeme Cowan talks about:***

All of Graeme's speeches are customised. He works with you to understand your audience, your theme and your goals for the presentation. The following titles and concepts can be mixed and matched to create the perfect program for your audience.

- **Future Fit Teams - Future Fit Teams embraces a 'we care' mindset**

There are 3 contributing elements (and topics) to a 'we care' team:

1. Self-Care: Resilience for uncertain times
2. Crew Care: Growing psychologically safe and resilient teams
3. R U OK?365 / Red Zone Care: How to support a teammate (or yourself) in distress



- **Resilience for uncertain times - Small steps, remarkable results**

In volatile times, it can be easy to forget self-care. Adopting tiny habits can help you enjoy the direct link between self-care, resilience, and growth. These small steps are the secret to being prepared for moments that matter at home and at work.

- **Growing psychologically safe and resilient teams - Building care AND high performance**

Are we connected? Do we have a shared future? Are we safe? These 3 qualities are central to better team performance in an uncertain world. Our #1 priority is to help build more caring and resilient teams, who enjoy growing together. We show how everyone can contribute to this.

- **Building an R U OK?365 culture - Mental health for all - by involving all**

The CSIRO has identified rising work stress as a mega risk to productivity for the next 20 years. Major disruptions like Covid-19 have amplified this. Setbacks can happen any day, so having a sustainable and caring culture is critical.

## Client testimonials

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“ Amazing, thank you Graeme. I learned so much from my time with you. You are a wealth of knowledge! Looks like I have a new guru for Mental Health! I really appreciate your insights.

- *EHS Project Manager, - Asia Pacific, James Hardie Australia*

“ Many of our leaders said that your presentation was the best they had seen at a Partners Meeting - and we have had some great speakers - so that says it all. I would recommend you to any CEO who is interested in the sustainable success of their leadership team

- *Gary McDiarmid, CEO, Russell McVeigh NZ*

“ I have worked with Graeme in a number of organisations and find myself continually referring his name on to the CEOs and Executives I work alongside with. Graeme is authentic, empathetic in nature, and has supported the coming together of executive teams that face challenging times through transformation and changing environments. His style allows senior executives to think differently about emotional resilience and wellbeing strategies that can increase performance and culture in an organisation.

- *Director of HR, International Convention Centre Sydney*

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