

Josie Thomson

Award Winning Coach, Workshop Facilitator & Keynote Speaker

Josie Thomson is an internationally certified master coach and a former senior executive with one of the world's largest mining companies. Her influence as a leader has been recognised with several high profile awards, among them, Coach of the Year for three consecutive years, a Telstra Business Woman of the Year State Finalist, an International Gold Stevie awards recipient in 2014 and the 2015 Maverick of the Year (Difference Maker) recipient.



Josie has survived cancer twice and is an ambassador for childhood cancer support. Drawing on her personal and professional experience, and her understanding of the challenges faced by leaders every day, Josie is an authentic keynote speaker and executive coach, who is uniquely positioned to engage, guide and inspire.

More about Josie Thomson:

With a strong corporate background in finance, human resources, and learning and development Josie Thomson held senior leadership roles within BHP in Melbourne and Brisbane from 1989 - 2000. Her achievements with the corporate giant culminated in her being the first female to be selected to be part of BHP Coal's prestigious Leadership Development Program in 1995.

With an ambition to make an even bigger difference to people's lives, Josie embarked on the next phase of her career in 2001 - starting my own business. She trained as a coach with the leading global coaching organisation - Results Coaching Systems (RCS - now known as the Neuroleadership Institute) and was the most successful person to ever complete their training, finishing her course with a full practice of more than 25 paying clients.

Josie was specially selected and developed as a leader within the RCS community and in the ensuing years became a key player in the growth of the global RCS business as the highest performing corporate associate and trainer for the company.

She was awarded the global 'Results Coach of the Year' three years running (2002 - 2004) and 'Workplace Associate & Coach of the Year' (Australasia 2008) - all while developing her own business.

In 2005, Josie was named a finalist in the Australian Telstra Businesswomen's Awards and

awarded the 'Master Certified Coach' (MCC) accreditation from the International Coach Federation – this designation is only offered to highly experienced coaches (2,000+ coaching hours) with exemplary coaching skills. She was one of the first Australian coaches to be awarded the MCC designation, and one of only 12 in Australasia.

Since then, Josie has developed her reputation as one of Australia's most sought-after coaches, speakers and trainers. An avid learner, she has completed executive masters studies in the Neuroscience of Leadership, and Epigenetics.

Josie has shared the stage with top motivational speakers on the global circuit, speaking at many of the world's leading conferences, including:

- Happiness and It's Causes Conference
- Singapore Training and Development Association's Conference (STADA)
- Mind & Its Potential Conference, Sydney
- International Coach Federation (ICF) Global Conferences: USA, Montreal, Washington DC
- ICF Australasia Conference: Brisbane and Sydney
- The Australian Institute of Training & Development Annual Conference
- Chartered Professional Accountants National Congress

Josie has coached hundreds of executives and leaders to achieve massive personal and business breakthroughs – among them top executives from companies including Macquarie Bank, Origin Energy, Suncorp, Anglo Coal, Coles Myer, Queensland University of Technology (QUT), Queensland Investment Corporation (QIC), McDonalds, Rio Tinto, Brisbane Airport Corporation and the Queensland Government – to name a few. She has even coached one of the founding fathers of the coaching industry for over a decade: the world-renowned Sir John Whitmore.

In 2010, Josie was confronted by her life's biggest challenge: her second bout of cancer; a brain tumour coupled with bone cancer.

Once again, she defied the odds, stared down the challenge and beat the cancer. When she returned to work after a challenging recovery, she knew she had survived for a reason and that it was time to step up into her life's purpose – helping to open minds, enliven possibilities and develop more resilient communities on a much larger scale.

Today, with strong personal brand she has become a powerful influencer who has appeared on TV, radio, global stages, online and in print, sharing her story and inspiring hundreds of thousands of people. She has been interviewed by Ita Buttrose and Jessica Rowe, and her story titled 'We need to talk about cancer' appeared in the Sydney Morning Herald. She is a regular on Channel 7 *The House of Wellness*.

Josie continues to follow her keen interest in neuroleadership, resilience, mindset and change and recently completed her Executive Masters in the Neuroscience of Leadership with the thesis: Adaptive Strategies for Building Resilience Capability Through Adversity.

This has culminated in the development of highly regarded, transformational, paradigm shifting training programs and keynote presentations, most notably 'The Neuroscience of Resilience', 'Rewiring Your Brain for Change' and 'Possibility Mindset'.

Josie Thomson is an Ambassador for Childhood Cancer Support.

Josie Thomson talks about:

- Possibility Mindset
- Navigating Change Successfully
- Handling Cancer in the Workplace and in Life
- Building Resilience Capability
- Coaching for Excellence
- The Neuroscience of Leadership
- The Neuroscience of Maximising Engagement, Retention & Collaboration
- Brain Insights for Effective Change Management
- Mindfulness, The Brain & Business
- Enlivened Teams, Resilient Workplaces
- The Neuroscience of Making Learning Stick
- Think Better. Live Better.

All can be tailored for delivery as keynotes, workshops (from 1-3 hours), and/or half and full day programs.

Client testimonials

“ What a fantastic presentation which was fascinating and so captivating! In my game as an academic, I hear many hundreds of presentations per year, but 99% of them I tend to 'switch off' after about 3 minutes; however, I believe that your talk will be one of those that sticks in my mind for years to come. I'd like to thank you so very much!

- ***Dr Marisha McAuliffe***

“ My fellow Councillors agreed with me that your presentation was by far the best we have had for style, presentation and substance; just enough theory for the academics and loaded with practical solutions. They want you back.

- ***AOQ-QLD***

“ It is very easy to recommend Josie as she has consistently sold out events both in Brisbane and regionally. Her understanding and mastery of the subject matter, as well as the popular nature of neuroscience makes her a great choice as speaker. We also receive consistently high numbers on our event evaluations.

- Australian Institute of Management - Qld & NT

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