

Dr Adam Fraser

Human Performance Researcher, Author, Educator, Speaker and Consultant

Author, researcher and keynote speaker who works with teams and organisations to elevate their performance, by optimising their wellbeing, culture and leadership.

Dr Adam Fraser holds a PhD in Biomedical Science and is the author of three best-selling books, including “The Third Space” and “Strive”. He is the director of the e-lab, a research company that partners with various Universities throughout Asia Pacific to elevate our knowledge of what drives high performance.

In the last 10 years, Dr Adam has delivered more than 1500 presentations to over half a million people Globally. Dr Adam has shared the stage with the Dalai Lama, Steve Wozniak (co-founder of Apple), and Sir Ken Robinson (the most watched Ted talk in history). Dr Adam has won numerous awards including the International Academy of Management Award for Best Global Action Research Paper and the APAC Management Consulting Award for Most Influential Wellbeing and Performance Speaker.

He is thought to be the only keynote speaker in the world to have had the impact of his keynote presentation measured in a university study (it improved the behaviour of attendees by 41%). In his time, Dr Adam has worked with business leaders, elite athletes, sporting teams, special forces soldiers, emergency service workers and many others.

Dr Adam’s presentations are highly engaging and interactive, and his style is practical, relatable and playful. He makes the complex simple so it’s easy for people to take action that improves their performance right away.

Dr Adam Fraser Talks About

No Thanks Kevin

The Psychology Of Courage

How to master your mind and stop it getting in the way of change and better performance.



Often our mind is not our friend. It frequently hijacks our behaviour and leads us into dysfunction and outdated behaviours.

We know we should have the hard conversation, but we talk ourselves out of it. We know we should embrace change and innovation, but we find ourselves retreating to old familiar behaviours.

The latest research in psychology shows that many of the strategies we use to manage our thoughts and emotions are not effective. No Thanks Kevin gives people the latest tools and strategies to stop us getting in our own way. This presentation will show you how to be guided by your values and goals rather than controlled by your negative thoughts and emotions. You will never look at your mind the same way again.

Rechargeable

Building Sustainable Performance

Fatigue and burnout are real issues for many people in organisations today. But how do you prevent burnout when you still have a mountain of work to get through?

The mistake most people make is that they think that in order to recover, they need to take long breaks off work. However, the research of Dr Fraser and Deakin University shows that the best way to prevent burnout is short, regular but consistent bursts of recovery. In other words, regularly engaging in micro-recovery. Micro-moments of recovery make it possible to reduce your chance of burnout while working at a fast pace or under high demands.

The strategies shared in this presentation have been shown in University studies to reduce stress and burnout in various stressful jobs such as paramedics, partners in professional services firms, sales teams and school leaders.

Strive

Embracing The Gift Of Struggle

How to have a constructive relationship with challenge and struggle to enable change and transformation.

The reality is any change, innovation or transformation brings with it discomfort, challenge and struggle. Unfortunately, most people see these states as a bad thing and something they should avoid.

The result is they don't drive strategy and transformation. For an organisation to evolve, their people must fundamentally change their relationship with challenge and struggle, where they see it as the path to growth and evolution, not something they should avoid.

Dr Adam will share the key strategies to creating a Strive culture in your team, where they embrace change, reflect on progress, learn from failures and have a greater level of perseverance and tenacity when amid change.

The Ripple Effect

How We All Affect Culture

Understand how cultures and groups of people function and how everyone affects the culture of a group, not just the leaders.

One of the biggest blocks to cultural transformation is when team members outsource culture to the most senior leaders. Team members incorrectly believe that only the leader shapes the culture of a team, saying things like, "Culture comes from the top down".

Research has made incredible breakthroughs in our understanding of how the culture of teams and organisations works. In a nutshell, we have discovered that culture comes from the bottom up as well. In this challenging and competitive business landscape, we can no longer outsource culture to the senior leaders. Every behaviour from every single person sends a cultural ripple that affects the people around them, thus shaping the culture.

This fascinating, humorous and enlightening presentation will completely change the way your team views how they affect the culture of the organisation.

The Third Space

Developing Behavioural Agility

How to improve work life balance and be more agile in your behaviour by leveraging the transitional spaces in your day.

We spend our day rapidly moving between different environments and interactions. All too often we take the mood and mindset of the previous interaction into the next one. We might have a frustrating meeting and it affects how we behave in the next one, or we go through a crisis, and it derails our day, or we take a bad day home with us. Clearly, this has a negative impact on our performance.

Dr Adam will explore a three-step process to effectively transition between the different interactions, tasks and contexts that make up our lives, in a way where we leave the previous interaction behind and bring the right mindset to what we are transitioning into, so we can perform at our best.

We will also talk about how we transition from work to home in a way where we can disconnect from the day and be at our best for our home life.

Testimonials

“ We loved Adam. Our staff loved Adam. Our students loved Adam. Our parents loved Adam. There was a lot of love for Adam. Adam’s presentation hit the mark and absolutely exceeded expectations.

- Radford College

“ Adam presented to the top 100 leaders in the bank, it was incredibly well-received. His presentation rated amongst the highest of the conference, scoring 10/10 in the post event survey feedback from the leaders. Not only was the presentation practical and relevant, it also really energised the group.

- NAB

“ Dr Adam Fraser was very entertaining and interesting, he had good energy and it was great to have everyone on their feet. The presentation was very practical, engaging and useful. Dr Fraser was a highlight.

- KPMG

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