

# Alison Hill

## *Psychologist, Author & Keynote Speaker*

Ali is a registered Psychologist and co-founder of three-time AFR Fast 100 company, Pragmatic Thinking. Pragmatic Thinking is a behaviour and motivation strategy company that helps organisations build better leaders by building better people.

Awarded Educator of the Year in 2018, business woman and international keynote speaker, Ali's work has made its way into businesses you may have heard of... Virgin Australia, Suncorp, PepsiCo, Siemens, McDonalds, Bond University and Heritage Bank to name a few.



On top of all this, Ali's found the time to author three best-selling books; 'Dealing with the Tough Stuff: How to achieve results from key conversations and Stand Out: A real world guide to get clear, find purpose and become the boss of busy, and Work From Anywhere. She's also the host and producer of one of Australia's top podcasts, Stand Out Life where she digs into the stories behind some of the world's greatest thought leaders and talents who lead truly awe-inspiring lives.

## *What Alison Hill Speaks About*

### **Through Uncertainty into Opportunity:**

*Navigating relentless change*

The world of work has changed, and we now need the tools and skills to be able to deal with the relentless change environment. Our relationship with uncertainty is the key to getting out of paralysis and to find the opportunities in front of us. Ali provides practical tools for leaders, teams and individuals to:

- How to navigate through uncertainty into opportunity
- The mindset that matters in times of change
- Applying the right tools to the right areas
- Develop strategies to bring best self to change environments

### **Stand Out:**

*Become the boss of busy*

Ali's authentic and practical presentation will explore how to unpack the two drivers for change:

purpose and progress. Through combining the latest behavioural science research with practical tools, Ali will provide the skills to navigate 'busyness' and feel in control of things that truly matter.

Her highly engaging session is based on her best-selling book *Stand Out: A real world guide to get clear, find purpose, and become the boss of busy*, and through her talk, Ali will assist us to find the calm in the chaos, both at work and in our everyday lives.

Within this practical keynote Ali will explore:

- Why self-care is an imperative of success
  - How to live a life of purpose while making progress
  - Strategies for connecting to what is important here and now, and how to find the courage and optimism to live the life you crave
- The importance of letting go of the 'shoulds' and prioritising what really matters

Through combining these drivers individuals will have the tools to navigate their own 'busyness' and feel in control of the things that truly matter.

### **Leading Wellbeing:**

*Equipping leaders with tools to drive wellbeing cultures*

Recent study of over 2,000 leaders across four different countries found that C-suite and senior leaders significantly underestimated how much employees are struggling with their well-being. The cost of navigating relentless uncertainty and the rising cost of living is having an impact.

This session is aimed to work towards reducing this gap and changing the way that we lead wellbeing in our workplace.

Within this session Ali will unpack:

- How do we create teams and cultures where physical and mental wellbeing are core?
- Mapping out rhythms and rituals amongst the busyness
- High performance and wellness
- Recovery practices for the corporate athlete

[VIEW SPEAKER'S BIO ONLINE](#) 