

# Sophie Scott OAM

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***Award winning broadcaster, international speaker and author***

Sophie Scott OAM is an award-winning broadcast journalist, international speaker and educator specialising in maximising human potential, mental health and mindset.

She is an Adjunct Associate Professor in the Notre Dame University Medical School lecturing in science communication.



Sophie empowers individuals, leaders and teams with the tools to prevent burnout, manage their mental health and communicate with impact.

Her goal is to help as many people as possible maximise their human potential and so they can thrive at work and at home.

Sophie has written two books: *Live a Longer Life* (ABC Books) and *RoadTesting Happiness* (Harper Collins) and has won numerous awards for her journalism including the prestigious Eureka Award for science and medical journalism.

She is an Advisory Board Member of the Australian National Mental Health Prize and sits on the advisory board on stigma at National Mental Health Commission and the University of Melbourne's Contemplative Studies Centre.

She is an ambassador for Bowel Cancer Australia, Pain Australia and is a patient reviewer for the British Medical Journal.

In 2023, Sophie was recognised in the King's Birthday Honours List and awarded OAM (Medal of the Order of Australia) for service to the broadcast media, and to community health.

## Client testimonials

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“ You spoke extremely clearly, logically and helpfully. It was very well received and we had some great positive feedback. I suspect we should have scheduled two hours rather than one!

**- Royal Institute for Deaf and Blind Children**

“ Sophie Scott was absolutely brilliant. She obviously put in a lot of time and effort in her research and engaging with us and her professionalism, winning personality and knowledge made our World Mental Health Day the most successful to date. We received terrific feedback about her facilitation and our event would not have been nearly as good without her commitment to mental health and her media skills.

**- Mental Health Council of Australia**

“ Sophie has been MC at the Australian Medical Association (NSW) Charitable Foundation’s Black Tie Dinner at NSW Parliament House for the past five years. Our guest speaker has on two occasions been the Australian of the Year. We keep inviting Sophie back because she is a real asset to the event, ensuring with warmth and humour that the evening proceeds smoothly.

**- Australian Medical Association (NSW) Limited**

“ Sophie was a fabulous MC at the Health & Fitness Industry Gala Dinner. Her role was performed seamlessly.

**- Fitness Australia Limited**

“ Sophie is an engaging presenter who provides simple, easy to action ideas. Her presentation, backed by science, her tips on meditation, showing self compassion and the importance of routines, as well as the breathing exercises, were all important insights on what to do to keep yourself mentally and physically well. We look forward to partnering with Sophie for future WW events.

**- WW co-ordinator**

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[VIDEO OF SPEAKER](#)