

Dr Amantha Imber

Innovation Dynamo, Workshop Facilitator & Keynote Speaker

Dr Amantha Imber is an organisational psychologist and founder of behaviour change consultancy Inventium. She hosts the top ranking podcast How I Work, which has had over 5 million downloads.

Amantha is also the co-creator of the Australian Financial Review's Most Innovative Companies list and the AFR BOSS Best Places to Work list. Amantha has helped companies such as Google, Apple, Disney, LEGO, Atlassian, Commonwealth Bank and many others reinvent the way they approach their work.

In 2019, Amantha was named as one of the Australian Financial Review's 100 Women of Influence. In 2021, she won the Thinkers50 Innovation Award (described by the Financial Times as the 'Oscars for Management Thinking'), which recognises the thinker who has contributed the most to the understanding of innovation globally over the last two years. Amantha was the first Australian to win this award.

Amantha's thoughts have appeared in Harvard Business Review, Forbes, Entrepreneur and Fast Company and she is the author of three international bestselling books: Time Wise, The Innovation Formula, and The Creativity Formula. Her latest book The Health Habit came out in early 2024.

More about Amantha Imber

The work of Dr Amantha Imber and her company Inventium have been recognised in Australia and internationally. Amantha, who has a PhD in organisational psychology, has been finalist in the Telstra Business Women of the Year awards.

Inventium has been recognised as one of Australia's fastest growing companies in the BRW Fast 100 list, and was also awarded the BRW Client Choice Award for Best Management Consultancy in Australia. In 2016, Amantha was inducted into the Australian Business Women's Hall of Fame. In 2018, Inventium earned a place on BCorp's Best for the World list, which recognises companies for their outstanding positive impact.

Amantha is the host of the number one ranking business podcast How I Work, where she interviews some of the world's leading innovators about their habits, rituals and strategies for structuring their day.



Amantha is the co-creator of the Australian Financial Review's Most Innovative Companies list, an annual list that Inventium compiles, ranking Australia and New Zealand's top innovators. Her thoughts have appeared in Harvard Business Review, The Huffington Post, Forbes, and Fast Company and she is the author of two best-selling books: The Creativity Formula and The Innovation Formula.

Dr Amantha Imber speaks about:

Find Your Focus: Science-backed strategies for turbo-charging productivity and wellbeing

Email. Social media. Endless pings and dings. Distraction and digital temptation make it hard to do focused, impactful work.

In this highly interactive keynote, Dr. Amantha Imber reveals science-backed strategies to help teams transform habits, turbo-charge output, and optimise work hours. Attendees will learn how to structure days for peak performance, win back hours lost to distraction, and ingrain new practices to conquer busyness. They'll walk away with an actionable blueprint to sharpen focus and dial up impact.

Key takeaways:

- Science-backed strategies to conquer busyness and turbo-charge productivity
- Evidence-based techniques to structure days for deep thinking and flow
- The simple strategy that will let you win back at least two hours in every workday

Who this is for:

- Business leaders, teams, small business owners, knowledge workers, entrepreneurs, anyone who wants to achieve more with less.

Health Habits That Stick: How to Rewire Your Brain for Long-Term Success

Is your team showing signs of burnout? Feeling exhausted even though it's only Monday? Finding it harder to bounce back?

We all have habits that hold us back from better health and feeling and performing at our best. But trying to change through willpower alone rarely works. In this engaging keynote, Dr. Amantha Imber goes beyond a one-size-fits-all approach to reveal science-backed strategies tailored to each person's unique psychology.

Attendees will discover how to identify their own mental roadblocks and gain customisable techniques to finally make positive health changes stick. They'll walk away with clarity and an actionable plan to transform habits for good.

Key takeaways:

- The latest psychology on why most health advice fails to create lasting change
- How to pinpoint your unique “habit hijackers” sabotaging progress
- Customisable strategies to overcome mental obstacles and ingrain healthy habits
- An interactive blueprint for creating health habits that endure beyond the new year

Who this is for:

- Business leaders, teams, anyone who wants to perform at their best.

Tiny Tweaks, Big Shifts: The Small Steps That Lead to Massive Change

How do you achieve dramatic improvement? Driving real change requires adopting new behaviours – yet our brains resist. It is downright hard to change entrenched habits.

In this interactive keynote, Dr. Amantha Imber will reveal psychological insights that drive transformation. Attendees will learn tactics to identify mental roadblocks and “glitches” thwarting progress. They’ll discover tiny tweaks that pay huge dividends in cementing new habits and high performance behaviours. This talk provides a practical blueprint for shepherding change at any level.

Key Takeaways:

- The hidden mental obstacles that sabotage your goals
- The psychological barriers that are killing your progress – and how to fix them
- Counterintuitive insights to make positive habits stick for good
- Small tweaks that will lead to huge improvements

Who this is for:

- Business leaders, teams, change makers, entrepreneurs, anyone who is trying to drive change or create change in themselves.

Innovation Survivor: How to outthink, outsmart, and outlast your competitors

It is our ability to generate breakthrough ideas to business challenges and opportunities that is what literally enables us to outthink, outsmart and outlast our competitors.

Dr Amantha Imber will take you through the latest scientific findings in relation to what really drives highly inventive and disruptive thinking – and how participants can apply these findings to their role.

You will walk away with a set of practical tools that you can use immediately to innovate what you do and disrupt the competition.

Key takeaways:

- A set of practical tools to drive breakthrough thinking

- The skills to literally outthink and outlast competitors
- Tools that can easily be communicated to your teams and others within the organisation to help drive an innovation culture

Who this is for:

- Business leaders, executives, entrepreneurs, marketers, small business owners, anyone who needs to think more innovatively and problem solve in their role.

Client testimonials

“ Amantha blew me away. She was quirky, engaging, energetic, energising and incredibly insightful. Amantha is one of those great educators who does not teach things, she helps people to discover things.

- Medibank Private

“ Amantha is a person who makes a lasting impression and changes people's lives. She combines her deep expertise with an exceptional gift to teach and inspire. She teaches the most complex science in a way that makes it seem simple, easy and very do-able.

- AMP

“ Amantha provides her audience with strategies that are directly translatable into practice - no small feat given the phobias and anxieties that a large number of people experience when reflecting upon their own personal levels of creativity ... Amantha's keynote was exceptional and profoundly moving for me as a person and as an educator. The conference has since proven to be something of a hit. The 'secret weapon', in my opinion, was Amantha Imber!

- Vocational and Applied Learning

“ Amantha is not only a wonderful person to deal with, she is creative, organised and so clearly in her element when presenting on stage. Amantha spoke at our Businesswomen's Breakfast Series event in Sydney and the entire audience were both engaged and enthralled during her talk. We all came away with useful and valuable information that was immediately applicable to our careers. I am looking forward to the Melbourne presentation and recommend Amantha to others seeking a dynamic speaker or innovation consultant without hesitation.

- Network Central

“ One of the best training programs I have ever attended where I can utilise everything learnt - immediately - back on the job and see instant results.

- Kimberly-Clark

“ I can't believe how much of an impact 40 minutes can make! Amantha provided tools to inspire, create, motivate and change the way we go about our day to day business, and continue to evolve our point of difference from our competitors. Great job!

- DMG Radio

“ Amantha is a peerless facilitator of any creativity, innovation, thinking-related workshop, conference and gathering. Her seemingly light delivery and interaction with the audiences is the tip of an iceberg of the depth of her science knowledge and understanding of human mind at work. I am a shameless fan of Amantha's work.

- Innofuture conference

“ Like most people, I'm only half listening to the presentations towards the end of conferences. That's because my attention is focussed on the long list of emails on the BlackBerry I'm hiding under the table. Amantha Imber's presentation was different. It was compelling, intrusive, provocative and insightful. I powered off my BlackBerry and listened.

- Wunderman Emea

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