

Dr Jodie Lowinger

International Expert on Mindset, Anxiety and Resilience and Creator of the Mind Strength Method

An award-winning clinical psychologist, executive and high performance coach, keynote speaker and author. Jodie has worked and trained at Harvard Medical School. Her groundbreaking methodology and book *The Mind Strength Method: Four Steps to Curb Anxiety, Conquer Worry and Build Resilience* is receiving international acclaim to help people of all ages to build mental strength, achieve success and flourish amidst uncertainty.

Dr Jodie (DCP, MSc, BSc, University Medal) is in high demand as a coach and advisor to CEOs and C-Suite Executives and has worked as a keynote speaker and coach with leading multinationals including Amazon, Google, Atlassian, BCG, Citi, Audi, Allianz and hundreds more. She is the creator and bestselling author of *The Mind Strength Method*, a groundbreaking methodology helping people to conquer fear, build resilience and thrive in business and life. She is an award winning Doctor of Clinical Psychology, has worked and trained at Harvard and is one of the world's leading experts on building a high performance mindset, overcoming anxiety and fear and unlocking human potential.

Growing up, Jodie found herself caring for her mother who experienced debilitating anxiety as a result of trauma as a Holocaust survivor in wartorn Europe. It inspired Jodie to make it her life's purpose to create an empowering methodology to help people to manage anxiety, build resilience and thrive. Now captured in her bestselling book, Jodie is sharing her *Mind Strength Method* through transformational digital and in person keynotes with corporates worldwide. She is on a global mission to create a step change to help billions. "Clarity at last. Life transforming."

Through her work as a High Performance Coach to CEOs, Doctor of Clinical Psychology and anxiety, mindset and resilience expert, Jodie has the unique combination of a deep scientific understanding of the drivers of human behaviour with pragmatic knowledge of business strategy and building success through change. She helps leaders overcome challenges head on. Jodie consults on business strategy, high performance leadership, resilience and wellbeing, managing change, building outstanding teams and a leading edge culture. She has decades working across diverse industries including financial services, technology, utilities, healthcare and pharmaceuticals, transport, government, FMCG and many others.

As Founder of The Anxiety Clinic, Dr Jodie and her team of therapists have helped tens of



thousands of adults, children and adolescents to overcome anxiety, stress, mood and behavioural challenges. She is also a coach to education leaders and has worked with educators and students in primary schools, high schools and universities across Australia. She is also a parenting expert and regular contributor and author for *Parent TV*.

As a sought after media commentator, Jodie is regularly interviewed for television, radio, digital and print, including *Sunrise, Today Show, Morning Show, Ten News, ABC News, 2GB, Triple M, Marie Claire, Sydney Morning Herald, Financial Review, Good Weekend, Sunday Life* and many more.

She is also a Board Member and Ambassador for not for profits Gotcha4Life, working to reduce the high rate of suicide amongst men, and StreetWork, mentoring homeless teens to turn young lives around.

Dr Jodie Lowinger talks about:

- High Performance Mindset
- Beat Workplace Burnout
- Make Anxiety Your Superpower
- Build Mind Strength
- The Transformational Leader
- The Mind Strength Wellbeing Program
- Psychological Safety and a Growth Mindset Culture
- Conquer Imposter Syndrome and Build Courage and Influence
- Fostering a Mentally Fit and Resilient Workplace
- Solutions for Stress
- The Olympian's Mindset - Mental Skills for Elite Sports Teams
- Emotional Intelligence - From Conflict to Cohesion
- Become an Exceptional Coach or Mentor
- Mindfulness for High Performers
- Sleep Success
- Manage Digital Distraction and Thrive in a Digital World
- ADHD, OCD, Anxiety - Dispel Neurodiversity Myths and Embrace Strengths
- Helping Parents and Teachers to Manage Challenging Child or Teen Behaviour and Build Effective Relationships
- Parent, Teacher & Student Tools to Manage Child and Teen Anxiety & Stress
- Helping Students and Parents to Manage HSC and Exam Anxiety and Stress
- Build Resilience and Wellbeing in Later Life

Client testimonials

“ Jodie is a formidable person to have on your side. She is an optimistic powerhouse who helps my leaders and organisation cut through all the noise and confusion so we can reset, refocus

and achieve peak performance. Whether you need help in your personal life or in business or both, Jodie's Mind Strength methods are remarkable and I highly recommend her.

- Vince Frost, CEO Frost Collective

“ Dr Lowinger is the Performance and Mindset Coach for the Vittoria Coffee Senior Management Team. Jodie has unique skills, combining her expertise as a Doctor of Clinical Psychology with a sharp intelligence and business acumen. She is deeply committed to the excellence of our senior management team. She has a passion, positivity and energy that is contagious and an ability to foster authentic and trusting relationships with all who work with her.

- Rolando Schirato, Managing Director Vittoria Coffee

“ Since working with Jodie my business has increased approximately 50%. This is during a time when most real estate agents have decreased. Jodie's sessions energise me and give me perspective. I have achieved personal and professional goals I never would have thought possible. Jodie has given me tools to help cope with the most challenging life events while remaining resilient in day-to-day life. Thank you Jodie for everything.

- Cindy Kennedy, Partner, McGrath

“ Claim Central and I have been working with Dr Jodie Lowinger, her Mind Strength Method and human performance coaching for over 2 years now and words don't do justice to the impact it's had on myself and our key leaders globally. Her ability to distill down and simplify life's complexities into useful tools that can be applied every day in both personal and professional situations is incredible. I would highly recommend this in both a personal and professional context. Very empowering!

- Brian Siemsen, Global CEO Claim Central Consolidated

“ Dr Jodie's Mind Strength Method is a must. Her calm and constant nature is unique, as is her empathetic and encouraging take on building resilience and courage, and overcoming adversity. Her advice and techniques help tackle challenging situations in a constructive and uncomplicated manner with positive and practical ways to create confidence, reduce stress, and take back control.

- Kerrie McCallum, Editor in Chief of News Corp Australia

“ In speaking at the AmCham Global Leadership Academy, Dr Jodie zeroed in immediately on the underlying causes of stress for high-achieving leaders. Dr Jodie's step by step process to build resilience, optimise performance, and encourage a values-focused outlook comes at just the right moment to help you become calmer, happier and more productive.

- April Palmerlee, CEO of the American Chamber of Commerce in Australia

“ We engaged Jodie for executive coaching as part of our leadership team's professional development plans after watching her speak at a mentoring seminar. From initial inquiry onward Jodie has been an absolute pleasure to do business with, and has made an enormous difference in the dynamic of our team and the lessons we are teaching our leaders. Jodie makes understanding the underlying drivers of human behaviour (both yours and others) accessible, and equips you with practical strategies to help bring out the best in people. The ROI is evident already. If you value developing true leadership, then I highly recommend you get in touch.

- Dr Sian Ineson, Central Finance Management Group

“ It was such a delight to have Jodie Lowinger present amazing insights to our business. Jodie definitely hits the mark and I would recommend her to any organisation looking to find that balance in the drive for peak performance.

- Hari Tharmakumar, Head of Device Sales South East Asia, Microsoft

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