

AUSTRALIA'S LEADING CONFERENCE FOR EA'S

JULY 20-22, 2021



Executive  
Assistant  
Network

# REFLECT REBOOT REFOCUS

EAN ONLINE NATIONAL  
CONFERENCE 2021



FOR ENQUIRIES - [SUPPORT@EXECUTIVEASSISTANT.COM](mailto:SUPPORT@EXECUTIVEASSISTANT.COM)  
OR VISIT [EXECUTIVEASSISTANT.COM](http://EXECUTIVEASSISTANT.COM)

## WELCOME FROM EAN

What a year!

It's time to draw a line in the sand and refocus our collective efforts to the future and creating our best life, for our family, our friends, executives and colleagues.

Executive Assistant Network are taking this journey with you. We've rebranded and reinvented our Conference series. We've gathered the best speakers from around Australia and Internationally to inspire you to action.

We're excited to invite you to our 2021 National Online Conference. Over three days we'll Reflect, Reboot, and Refocus, and together we'll build our optimism and enthusiasm. Day One is all about Mindset and how to develop it to be resilient and innovative.

Day Two we look at Wellbeing and Positive Psychology, getting back on track and building supportive networks. We also take a look at the emerging Chief of Staff role and how this fits with the EA career path.

Day Three, we get Technical and introduce EAN's new Model of the EA role. We're really excited to unveil our new concept as it provides greater insights into how the EA role connects into the Modern Executive Office and wider organisation.

Welcome back to the new EAN and we look forward to connecting with you in July.

Natasha Cannon

## EXCEPTIONAL SPEAKERS



**Nils Vesik**  
Reinvention Renegade,  
Speaker, Author, Consultant,  
Extreme Athlete



**Andrew Grill**  
The Actionable Futurist



**Amelia Phillips**  
Co-Founder Michelle Bridges  
12 Week Body Transformation



**Stacey Copas**  
Keynote Speaker Resilience  
Training



**Julia Palmer**  
Relational Strategist

2

## OUR SPONSORS



1

Tuesday

2

Wednesday

Schedule

**MINDSET & EMBRACING CHANGE****WELCOME****10:00a**

EAN Welcome

Acknowledgement of Country

**SPEAKERS****10:15a**Developing a Growth Mindset -  
taking control of your own future**10:40a**Adaptability and Embracing Change -  
the Importance of Flexibility and  
Versatility in your Life and Work**11:05a**Understanding the Role of  
Judgement in Decision Making and  
How to Enhance Yours**LIVE Q&A****11:30a**

Live Online Q&amp;A / Break

**SPEAKERS****11:50a**Becoming Digitally Curious - how  
to reboot and prepare for a digital-  
first world**12:20p**Why is it Important to Innovate and  
Where do you Start?**BREAK****12:50p**

Connect with Exhibitors

**LIVE GROUP****1:10p**Round Table Innovative  
Networking Session**SPEAKERS****1:40p**3 Quick Tips to Build a Rock-Solid,  
Solution-Focussed Resilience, that  
can be Relied on**2:00p**

Close of Day 1

**WELLBEING - POSITIVE PSYCHOLOGY****WELCOME****10:00a**

EAN Welcome

**SPEAKERS****10:10a**Goal Setting - Getting Back on  
Track**10:30a**Self-Care Isn't Selfish  
Resilience for Uncertain Times**10:50a**How to be Assertive and still  
maintain Positive Relationships  
with all those around you**LIVE Q&A****11:10a**

Live Online Q&amp;A / Break

**SPEAKERS****11:30a**

Career Focus - Chief of Staff

**12:00p**The Steps to Achieving Health  
and Emotional Wellness**BREAK****12:25p**

Connect with Exhibitors

**SPEAKERS****1:00p**

The Ripple Effects of Networks

**LIVE GROUP****1:20p**

Live Virtual Networking Event

**2:00p**

Close of Day 2

# 3 Thursday

Schedule



## TECHNICAL & STRATEGIC

### WELCOME

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**10:00a** EAN Welcome

### SPEAKERS

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**10:05a** Survey Results Presentation

**10:25a** The EA is the DNA of the Modern Executive Office

**10:45a** Executive Engagement: Secrets of Marketing to and Connecting with Decision Makers

**11:05a** Personal Brand - In a Virtual Environment

**11.25a** From Events to Experiences to Actionable Insights

### LIVE Q&A

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**11.45a** Live Online Q&A / Break

### SPEAKERS

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**12.05p** Reinventing Events for the New Age

### BREAK

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**12.25p** Connect with Exhibitors

### SPEAKERS

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**12.55p** Why Leaders must Push Back and Say 'No'!

### LIVE GROUP

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**1:15p** Round Table Discussion - Live Networking Format

### SPEAKERS

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**1:45p** Outsmarting Overwhelm - Too much Information, not enough Brain

**2:10p** Close of Day 3

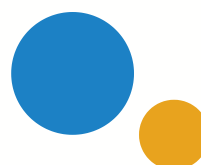
**“Reflection is one of the most underused yet powerful tools for success.”**

*RICHARD CARLSON*



**"Things work out best for those who make the best of how things work out."**

*JOHN WOODEN*



### PROGRAM DAY 1 - Tuesday 20 July 2021

**10:00a**



**EAN Welcome**



**Acknowledgement of Country**

**10:15a**

#### **Developing a Growth Mindset - taking control of your own future**

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be?" This quote from Marianne Williamson helps highlight the difference between having a growth mindset versus a fixed mindset. Those who have a fixed mindset assume our character, intelligence and creative ability are static. Those who do not, thrive on changes and see that their basic qualities are things they can cultivate and change. This growth mindset is one people will need in the future and allow it to cultivate a lifelong learner approach.

- Understanding Yourself
- Understand where you're going
- Taking control of your own development
- Exercises to give individuals clarity of purpose and direction and tools to develop their own unique expertise.



**KEYNOTE SPEAKER**  
**Marty Jamieson**  
Keynote Speaker

**10:40a**

#### **Adaptability and embracing change - the importance of flexibility and versatility in your life and work**

As studies have shown, if the future requires flexibility, agility and adaptability, how do you become better at embracing, even if you already see yourself as flexible and adaptable? Employers are already looking for people who welcome change and don't just follow the mantra of "that's the way it's always been done."

A changing world needs creative and flexible people who can solve solutions and transition to new approaches readily and easily.

- Flexibility – identifying your attitude to change
- Versatility – examining your ability to deal with change
- How can you consciously decide to be flexible in your ideas and expectations?
- What tools and processes can you adapt to help improve your flexibility and versatility?



**KEYNOTE SPEAKER**

**Samantha Chambers**

Speaker, Published Author, Coach & Mentor

**11:05a**

#### **Understanding the role of judgement in decision making and how to enhance yours**

Judgment has a number of meanings, but in the context of decision making could be summarized as the ability to decide, the processes used to make a decision and the decision outcome that eventuates from exercising judgment. This includes the internal thinking and cognitive process, drawing conclusions, forming opinions or making distinctions about ideas, situations, people or events through assessment comparison or deliberation. So how do you improve your judgement and decision-making abilities?

- Learning to look outside of the specifics of a situation
- Learning to look at opposing opinions or ideas for comparison
- Assessing collective opinions and those of experts
- Looking for trends in repeated exercises or processes



**KEYNOTE SPEAKER**

**Bryan Whitefield**

Author & Keynote Speaker

## PROGRAM DAY 1 - Tuesday 20 July 2021

**11:30a**

### Live Online Q&A / Break

- Marty Jamieson
- Samantha Chambers
- Bryan Whitefield

**11:50a**

### Becoming Digitally Curious - how to reboot and prepare for a digital-first world

Are you digitally curious? Do you lean forward when the latest piece of technology is discussed?

Learn from a global expert - Actionable Futurist Andrew Grill who has spent his career educating the c-suite and their teams about what's new and what's next when it comes to technology.

In this informative session, Andrew will equip you with ways to better use and understand technology as we Reflect, Reboot & Refocus.

Andrew's talk will help you stay ahead of the curve and be ready for a digital-first world as we learn to work in a more distributed way post-Covid



#### INTERNATIONAL KEYNOTE SPEAKER

**Andrew Grill**  
The Actionable Futurist

**12:20p**

### Why is it important to Innovate and where do you start?

You must always stay ahead of the game, think strategically, and develop your thinking, be engaged and think ahead.

Can things be done better, more efficiently, simpler, quicker with a positive change. Don't be happy with the status quo, look for things you can implement to make it better!

How do you steer changes in your role? Proactive EAs will always look for innovative ways for all processes and activities within their roles and their executives. Today we will look at some of the initiatives you must consider:

- If the system is broken, then find a solution and suggest it to your executive
- Be proactive, bring your ideas to them first, don't wait to be asked
- Be a team player and work through problems with the Executive
- Don't wait for permission to put your ideas on the table
- Research it first
- Make their job easier

Today we will look at ways to become a more innovative thinker, to collaborate with other innovative thinkers, how to develop the ideas into a reality and implement them.



#### INTERNATIONAL KEYNOTE SPEAKER

**Nils Vesk**  
Reinvention Renegade, Speaker,  
Author, Consultant, Extreme Athlete

**12:50p**

### Connect with Exhibitors

**1:10p**

### Round table Innovation Networking Session

EAN will conduct a series of Round Table discussions in our Virtual Chat Rooms on Innovation.

Topics Include:

- What innovative event you have run or attended?
- What innovative ideas have your company implemented in 2020 and how did it work?



**EAN Team**

### PROGRAM DAY 1 - Tuesday 20 July 2021

1:40p

#### 3 Quick tips to build a rock-solid, solution-focussed Resilience, that can be relied on

Getting knocked down or blown off course is part of life. There will always be another COVID, another restructure, another boss, another stress bomb dropped into your life. So we need to get faster and more skilled at the 'bounce back'. That's Resilience. Your boss, your team, your entire company rely on you for that. And of course, yourself and family. Highly successful people have the same (and often publicly humiliating) experiences as the rest of us. So what have they learnt, that you can too?

In the workplace where stress and constant change deplete positive attitudes, learning simple techniques to build and maintain resilience is now one of the most in-demand forms of training. But Resilience doesn't have to be an overwhelming concept. Leona will break it down for you.

- How to get "unstuck" when yourself, your boss, your team or entire company, can barely breathe!
- Understanding what resilience is and 3 quick hacks to always have it.
- Optimism is nice. Action and problem-solving is everything. It starts with Resilience.
- Learn to block the "unnecessary" and concentrate on the important.
- Managing your energy in tough times to ensure mental acuity, poise and emotional balance



#### KEYNOTE SPEAKER

**Leona Watson**

Inspirational Speaker & Business Coach

2:00p

Close of Day 1

**"Reflection...  
Looking back so  
the view looking  
forward is  
clearer."**

UNKNOWN

**"Self-reflection entails asking yourself questions about your values, assessing your strengths and failures, thinking about your perceptions and interactions with others, and imagining where you want to take your life in the future."**

ROBERT L ROSEN

### PROGRAM DAY 2 - Wednesday 21 July 2021

**10:00a**



**EAN Welcome**

**10:10a**

#### **Goal setting – getting back on track**

Dubbed the “Queen of Resilience”, Stacey has not let a devastating accident that left her a quadriplegic and dependent on a wheelchair at 12 years old slow her down.

Instead, she has used her life experience and personal philosophies to help leaders be their best in challenging times, working with organisations such as Telstra, the McGrath Foundation and the CSIRO.

Stacey is the author of ‘How To Be Resilient’, and has been featured by Financial Review, ABC radio and The Australian for her insights on resilience in the workplace.

- How to find and act on the opportunity in change and adversity
- How to feel comfortable with uncertainty and have the confidence to take inspired actions
- How a positive and proactive approach to adversity and change can be a competitive advantage
- Simple practices to be more resilient and help others around you become more resilient
- Improved self-awareness, resourcefulness and work-life harmony



#### **KEYNOTE SPEAKER**

**Stacey Copas**

Keynote Speaker Resilience Training

- How small habits lead to remarkable results
- How to identify your mood vampires through Graeme’s science-based 15-point Self-care Snapshot
- How to embed ONE new small habit to boost your mood



#### **INTERNATIONAL KEYNOTE SPEAKER**

**Graeme Cowan**

Speaker, Author & Influencer

**10:50a**

#### **How to be assertive and still maintain positive relationships with all those around you**

You don’t have to be rude, arrogant or belligerent to be assertive. Indeed, often the most assertive people are the ones who seem to do it effortlessly without putting other people offside. And whilst that isn’t easy and can’t always happen based on the personality of others, there are ways to do so that will get better results more often.

- How to learn to communicate what you want and need fairly but firmly
- Remaining positive and calm when expressing what you want and need even when dealing with difficult or aggressive people
- Simple assertive communication techniques you can use everyday



#### **KEYNOTE SPEAKER**

**Caryn Walsh**

Speaker, Coach, Facilitator

**10:30a**

#### **Self-Care Isn’t Selfish**

#### **Resilience for uncertain times**

In volatile times, it can be easy to forget self-care. Adopting tiny habits can help you enjoy the direct link between self-care, resilience, and growth. These small steps are the secret to being prepared for moments that matter at home and at work. You will learn:



### PROGRAM DAY 2 - Wednesday 21 July 2021

#### 11.10a

##### Live Online Q&A / Break

- Stacey Copas
- Graeme Cowan
- Caryn Walsh

#### 11:30a

##### Career Focus - Chief of Staff

The Chief of Staff role is an Assistant Executive rather than the Executive Assistant.

This session looks at the CoS role and what this means for EAs. Is this a natural progression or a different beast?

Hear from Amanda Lawton, a successful CoS and the challenges and rewards of the position.

How does she engage with her Executive, what is required to be successful in this role and how does she see herself? Most importantly, is this a path for EAs to take in their careers or is she the exception to the rule ?!!'



**Amanda Lawton**  
Chief of Staff at POMT  
interview by  
**Caroline Harrison**  
Recruitment Consultant

#### 12:00p

##### The steps to achieving Health and Emotional Wellness

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

Today we meet Amelia who is the co-founder of the Michelle Bridges 12 Week Body Transformation program and has been in the wellness industry for over 22 years.

Her company was awarded the top 50 best places to work and the fastest growing and largest online health and fitness platform.

Her philosophy is simple; Health, Love and Purpose...

Join us as we learn from Amelia:

- How to find that balance?
- What to focus on, and;
- Where to start



##### KEYNOTE SPEAKER

**Amelia Phillips**

Co-Founder Michelle Bridges 12 Week Body Transformation

#### 12:25p

##### Connect with Exhibitors





## PROGRAM DAY 2 - Wednesday 21 July 2021

**1:00p**

### **The Ripple Effects of Networks**

Why is Networking so important? If you have strong business relationships and a deep understanding of communication, it will enrich both your personal and professional lives.

Networking will help you develop and improve your skill set, stay on top of the latest trends in your industry, keep a pulse on the job market, meet prospective mentors, partners, and clients, and gain access to the necessary resources that will foster your career development.

Every function you attend has a different purpose and every person you meet has a unique personality and the ability to be able to network effectively and develop strong relationships is the foundation for any successful business or career.

Learn directly from one of the finest experts on Networking, Julia Palmer, who is passionate about the subject and will share some of her greatest strategies for successful Networking.



#### **KEYNOTE SPEAKER**

**Julia Palmer**  
Relational Strategist

**1.20p**

### **Live Virtual Networking Event**

Let's put our Networking skills to action and meet some of the Conference EA Delegates in the Virtual Chat Rooms

**2:00p**

**Close of Day 2**

**"Don't limit your challenges, challenge your limits."**

UNKNOWN

**"Being challenged in life is inevitable, being defeated is optional. "**

ROGER CRAWFORD

### PROGRAM DAY 3 - Thursday 22 July 2021

10:00a



**EAN Welcome**

10:05a

#### Survey Results Presentation

EAN recently conducted a 'Roll Call Survey' to collect important feedback and data from the EAN Members. The results are in, and the information will assist EAN to gain a much better understanding of who EAs are, the current demographics of the EA role, and some information on the tools you use and how you work in the current climate.

During this session, EAN will report on:

- Salary and Bonus structures for your industry
- Current Employment Security
- Current Employment Statistics
- Practical Aspects of your Role
- Event Management & Budgets
- Up-skilling & Training
- What you want and what will work for you



**EAN Team**

10:25a

#### The EA is the DNA of the Modern Executive Office

Join EAN as we unveil the new Executive Productivity Alliance Model that will revolutionise the Modern Executive Office.

We will take a new innovative look at the Executive / EA union and discover the misalignments of the role that prohibit optimum Executive Productivity.

Take a journey with us as we identify the gaps and work on a practical anchor to cement a more cohesive partnership.

- A new way of perceiving your role
- What are the Building Blocks of an EA / Exec Alliance?
- Explore the role of Trust & Culture
- Discover your EA DNA!



**EAN Team**

10:45a

#### Executive Engagement: Secrets of Marketing to and Connecting with Decision Makers

There was a time when marketing was solely the domain of one department, but now, the modern EA recognises that we are all in the business of managing our organisations messaging and brand.

As an EA, how do you get your message to the right person at the right time? In a wildly competitive market, made even noisier by the pandemic, how can you create cut-through and ensure you're being heard?

CAPITAL-e are experts in B2B Executive Engagement through Marketing and Events. In this session they will walk us through some important considerations when you are faced with these challenges. Their Founder and CEO, Andrew Everingham will speak about the pitfalls to avoid and some of the tools and techniques you can apply in this current dynamic environment and beyond.



**Andrew Everingham**  
Founder & CEO, CAPITAL-e

11:05a

#### Personal Brand - in a virtual environment

Sue Currie is an authority on personal branding. Have you ever asked yourself what is your personal brand? Have you ever thought about how to create a distinct look for your brand through image and style?

Could you assist with your work colleagues or team by educating them about their personal brands and the value that it could bring by presenting their personal brand best. Let Sue lead you on a discovery about your personal brand.

You will touch on how to:

- Clarify your personal strengths and personal brand attributes
- Package your executive image for leadership impact

### PROGRAM DAY 3 - Thursday 22 July 2021

- Personal branding tactics to build business relationships
- Understand how to create a personal brand visibility plan



#### KEYNOTE SPEAKER

**Sue Currie**  
Personal Brand

#### 11:25a

##### From Events to Experiences to Actionable Insights

It was a time when most people considered that running a successful event was really just about getting people into a room and presenting to them. The world has changed a lot and now when we talk about "events" we include in-person gatherings, online events, hybrid events, and a range of other variants.

Truly, events are all about the experience you have with your audiences. It is about engagement and connecting with your attendees in a whole new way. And that doesn't happen by accident. Today, businesses need to find a way to manage their events like never before and track the underlying data supporting that engagement.

David Haysom, CEO at Jomablue, will walk us through this paradigm shift around events and explain the importance of the C-Suite getting the full picture of the value of their corporate events.



**David Haysom-McDowell**  
Founder & CEO, JomaBlue

#### 11:45a

##### Live Online Q&A / Break

- Andrew Everingham
- Sue Currie
- David Haysom-McDowell

#### 12:05p

##### Reinventing Events for the New Age

In this session we will look at events - past, present and future!

Covering the technologies, contingencies, budgets and expectations, Brad will help navigate the new world of conferences and events in 2021 and beyond. The focus is on making your events seamless and exceptional no matter who the audience is, whether they are in-person, virtual or a hybrid mix of the two.

You will explore:

- Face to face, Online & Hybrid events
- Matching technologies to your event
- Contingencies – Why you should have a back-up plan!
- Delegate expectations and how you can exceed them
- Risk Management – knowing what you don't know!



**Brad Byrne**  
Founder & Director, AVisual Productions

#### 12:25p

##### Connect with Exhibitors





### PROGRAM DAY 3 - Thursday 22 July 2021

**12:55p**

#### **Why Leaders must Push Back and Say 'No'!**

Pushing back to your Executives can be extremely difficult for many. Whether you have a problem saying no and the work piles up or if you don't keep saying 'Yes', you won't get that promotion or the recognition you deserve.

Being able to Push Back makes you a better leader, but how do you and is it that easy?

Pushing back is an art form. When a leader pushes back on everything, people will say they "aren't a team player".

However, a leader that takes on too much work which will put pressure on themselves and their team until they eventually burn out. So as with many parts of leadership, it's all about balance.

Our expert will look at ways to push back and areas that you must consider:

- Build Credibility First
- Be Agreeable
- Be Calm and Rational
- Explain the Reasons Why
- Be Persistent
- Keep Your High Standards Up



#### **BUSINESS CONSULTANT**

**Ben Brearley**  
Thoughtful Leader

**1:15p**

#### **Round Table Discussion - Live Networking Format**

Join your EA Conference Colleagues in the Live Chat Room to discuss which of you Push Back and the tips and tricks you have to make it work!

**1:45p**

#### **Outsmarting Overwhelm - Too much Information, not enough Brain**

In this world of too much information - it doesn't take long before we feel the effects of cognitive overload and overwhelm. The pace of information isn't slowing down, so we'll have to adapt, learn a new capability that will help us think, manage, share and cope with information.

Add to this the effects of the global pandemic, extensive lockdowns and endless remote and Zoom meetings. Overload and overwhelm is a constant occurrence.

How are you currently handling information? Do you write lists of information using bullet points? Or type up slides of information to share in meetings? Do you use spread sheets rich in information but poor in context and meaning?

It's time to learn the immediately applicable skills of handling and coping with information overload and emotional overwhelm. And quick!



#### **INTERNATIONAL KEYNOTE SPEAKER**

**Lynne Cazaly**  
International Keynote Speaker

**2:10p**

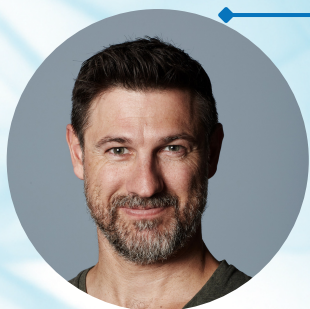
#### **Close of Conference**

**"Great leaders develop through a never-ending process of self study, self reflection, education, training & experience."**

TONY BUON

# REFLECT - REBOOT - RELOAD

## SPEAKER LINEUP



**Marty Jamieson**  
Keynote Speaker

Taking a practical approach to long-term business success, Marty coaches executives and Thought Leaders through the development of their strategic positioning and guides their approach to generating opportunity. He facilitates a move from the perceived position of 'vendor' to that of 'strategic partner', enabling leaders to be known and sought out as the experts that they are.

**Samantha Chambers**  
Speaker, Published Author,  
Coach & Mentor

Samantha is a change enabler, strengths finder, and the founder of businesses with a focus on positive change. Samantha helps business leaders engage their people when embarking on business change programs through change management, training and engagement activities. Samantha also coaches and mentors people wanting to pursue meaningful career change.



**Bryan Whitefield**  
Author & Keynote Speaker

Bryan is a specialist in risk-based decision making and strategic analysis born from his more than twenty years of facilitating executive and board workshops. Bryan's experience as a risk practitioner includes the design and implementation of risk management programs for more than 100 organisations across the public, private and not-for-profit sectors. Bryan is the author of *DECIDE: How to Manage the Risk in Your Decision Making* and *Winning Conversations: How to turn red tape into blue ribbon*.



**Andrew Grill**  
The Actionable Futurist

The Actionable Futurist, Andrew Grill is a former IBM Global Managing Partner and a popular and sought-after International Keynote Speaker and trusted board-level technology advisor.

With a broad career spanning over 30 years in large corporates such as IBM, as well as 12 years running technology start-ups, Andrew is a highly experienced authority on technology trends and the digital world.

A strong digital advocate and former Engineer, Andrew believes that "to get digital you need to be digital", and he provides actionable insights on how to harness digital technologies to achieve corporate goals on a global and long-lasting scale.



**Nils Vesik**  
Reinvention Renegade,  
Speaker, Author, Consultant

Nils is an International authority on innovation & inventor of the 'Innovation Archetypes Process'. He works with Global companies around the world such as Nestle, HP & Pfizer. His most recent client doubled their innovation output in 12 months.

He is the Author of 'Ideas with Legs' and 'Innovation Archetypes'. He regularly works globally with audiences in over 15 countries, is an International Keynote Speaker a consultant and an extreme athlete.

**Leona Watson**  
Inspirational Speaker &  
Business Coach

Leona Watson launched & ran the highly-successful Cheeky Food Events for 17 years before selling in 2019. Now with her corporate and business background, facilitation and Neuroscience skills, she's sharing her experiences in Resilience and What Do You Want to be Known For? Leona is Tough Love...with a smile!



**Stacey Copas**  
Keynote Speaker Resilience  
Training

Stacey helps shift the way people perceive and respond to uncertainty, change and adversity, helping them to see opportunities where they once saw only obstacles. The world is rapidly changing, people are having to do more with less, are more stressed and have less balance in their lives.

To be fulfilled and successful in embracing the changing world, it is essential to develop resilience to see and act on the opportunities that change presents. She is the Author of 'How To Be Resilient', International Keynote Speaker and Facilitator on finding the opportunity in change and adversity.



**Graeme Cowan**  
Speaker, Author & Influencer

Graeme loves being a professional speaker because sharing ideas can lead to conversations, and conversations can lead to action and change. As a Board Director of R U OK?, he has watched this simple idea lead to substantial change.

In 2000 he went through a 5-year episode of depression that his psychiatrist described as the worst he had ever treated.

He emerged from this crisis with a different view about how we can increase our resilience, mood, and performance.

He is the author of 5 books, including the internationally acclaimed *BACK FROM THE BRINK* and hosts a successful podcast series called 'The Caring CEO'.

**Caryn Walsh**  
Speaker, Coach, Facilitator

Caryn wears a few hats, a psychologist, specialist in leadership and people development, business advisor, international motivational speaker and executive coach.

She has worked internationally on 3 continents and been a coach, trainer and an advocate and guide for women for over 3 decades.

Caryn has worked extensively in Organisations across all sectors, helping leaders at all levels create and sustain highly performing teams, coaching CEO's and senior leaders and women at all levels in Organisations.

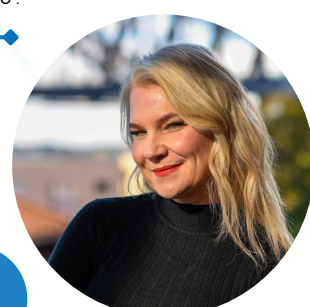


**Amanda Lawton**  
Chief of Staff at POMT

Amanda began her career within an HR administrative capacity and transitioned across to work as an Executive Assistant to the C-Suite.

From our research, she is one of the few current Chiefs of Staff in Australia who started out as an EA.

As Chief of Staff at POMT for just over two years, she describes the role as incredibly varied. One minute talking to and organising all staff with comms and working strategies with tools in this ever-changing work environment, through to developing and delivering frequent talks and speeches at high-end functions, meetings and to the board or developing and setting strategic directions for staff moving forward.





# REFLECT - REBOOT - RELOAD

## SPEAKER LINEUP



**Amelia Phillips**  
Co-Founder Michelle Bridges 12 Week Body Transformation

Amelia started her first business at 19 - fast forward 20 years and she is regarded as an industry trailblazer, having successfully launched 4 businesses which have generated over \$100m. She's transformed thousands of lives and helped the Australian population lose well over 2 million kilos. Most notably, she is the co-founder of the Michelle Bridges 12-Week Body Transformation, one of Australia's most successful online training platforms.

Amelia loves nothing more than working with people who want to step out of the shadows of self doubt, find their passion and live a life worth telling future generations.

**Julia Palmer**  
Relational Strategist

Julia Palmer is a respected Relational Strategist and best known for leading the face-to-face revolution! Her expertise includes 20 years of practice and research combined with Advanced Certifications in Neuro-linguistics, Emotional Intelligence (MSCEIT & Genos International), Performance Consulting, Training and Assessment. By age 25 Julia was the General Manager of a Multi-Million-dollar global organisation, she has built her career by organising and attending thousands of networking events across all industries internationally. Now as CEO of Relatus, Julia helps you position yourself in professional networks and build your relational capabilities to maximise the human advantage.



**Andrew Everingham**  
Founder & CEO, CAPITAL-e

As a technology marketer, entrepreneur and advocate for the homeless, Andrew has spent twenty-plus years doing both. Not to mention bringing others along for the ride as Managing Director of marketing and event management agency CAPITAL-e.

CAPITAL-e helps brands tell their stories and engage with customers in new and exciting ways, bringing together smart and creative teams to deliver integrated campaigns and first-rate events.

Andrew has a deep interest in the future of technology and the human construct and believes everyone should spend more time having fun.



**Sue Currie**  
Personal Brand

Sue Currie is a speaker and the author of IMPRESSario, Present and Promote the Star Within You. She is recognised as a leading authority on personal branding and professional presence to help business executives and entrepreneurial professionals communicate with impact and influence. Sue's suite of services delivered through workshops, consulting, coaching and keynote presentations provides a multi-faceted approach to gain high transformation for her clients.



**David Haysom-McDowell**  
Founder & CEO, JomaBlue

David has an unparalleled passion for driving better business outcomes through innovative technology solutions within the events industry.

With over twenty years' experience in marketing and technology, David will show us significant shifts in consumer behaviour across all industries and how these shifts allow for event technology to bring powerful new data to the marketer while surprising and delighting event attendees like never before.

**Brad Byrne**  
Founder & Director, AVisual Productions

Brad is the founder of AVisual Productions, Australia's most respected boutique audio visual provider. He is passionate about producing exceptional events and strives for seamless execution and delivery.

Investing in technologies and innovative solutions, he ensures AVisual stay up to date with the latest trends in the industry and provide the highest quality services. Whilst their equipment is unmatched, Brad ensures his National team don't forget about the customer. This combination of customer service, audio visual equipment, experience and teamwork is the foundation in which his company was created.

Bringing decades of practical experience, Brad's knowledge is unsurpassed. He is passionate about delivering memorable events!



**Ben Brearley**  
Thoughtful Leader

Ben is a leadership coach and experienced leader and manager, who's been leading people for over 15 years. In 2015 he started Thoughtful Leader because he realised that his passion for developing people and helping other leaders was greater than actually working directly in leadership roles!

He's coached clients all over the world and managed people, teams and projects in all sorts of different industries, cities and companies.



**Lynne Cazaly**  
International Keynote Speaker

Lynne Cazaly helps individuals, teams and businesses transition to better ways of thinking and working.

Lynne is an international keynote speaker, multi-award winning author and a master facilitator.

She is an experienced radio broadcaster, presenter and producer. Her background is as a communication specialist and can help you think better and make sense of information. Her newly released book is on the realities of workplace overwhelm and information overload with her clever hacks and ingenious processes, tools and methods.



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