



Josie Thomson

Resilience, Change & Mindset Expert
Multi-Award Winning Coach (MCC)
International Speaker & Presenter
Lifestyle Author & Writer

josiethomson.com

Open your mind. Enliven possibilities.

Bookings:

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Specialist Areas:

- ▶ Resilience
- ▶ Change
- ▶ Possibility Mindset
- ▶ NeuroLeadership
- ▶ Coaching

“ If you ever see her name on a speaker list - go there and listen to her!”

“Josie was the best speaker we have ever had at an event. If we can continue to get such great speakers there is no doubt these events will continue to grow... thank you for setting the benchmark even higher!”

“Josie makes the content ‘real’ and it is delivered with absolute credible belief from her heart.”

Neuroleadership expert and acclaimed executive coach, Josie Thomson knows a thing or two about resilience. As a two-time cancer survivor, she is living proof that: more than education, more than experience, more than training, more than any one single factor, RESILIENCE determines who succeeds and who fails.

Her 28-year journey from being an executive in one of the world's largest mining companies, to twice surviving cancer, to juggling the priorities of being a single mum as well as an award winning coach & entrepreneur has given her a unique perspective on what it takes to succeed in life and leadership. And this has brought about her mission: to build resilience in leaders & communities.

A true storyteller with a passion for enhancing human performance, she shares her personal stories authentically from the heart, weaving them with her deep understanding of the brain to provide those true 'aha!' moments that motivate and inspire.

Her presentation style has been described as a rare mix of engaging, interactive, informative and insightful. And her audiences appreciate that she makes the content real, providing them with practical strategies that can be confidently applied immediately.

As a sought after speaker, Josie has shared the stage with top motivational speakers on the global circuit, speaking at many of the world's leading conferences, including: STADA, Mind & Its Potential, ICF Global, ICF Australasia, AITD, CPA Congress and many more.

On a more personal note, Josie is an Ambassador for Childhood Cancer Support, a not-for-profit group that supports families of kids receiving treatment for cancer. She recently completed her Executive Masters in NeuroLeadership and lives in Brisbane with her two beautiful (teenage) children, Kristen and Harrison.

Keynotes, workshops and/or half and full day training programs:

- ▶ The Neuroscience of Resilience
- ▶ The Neuroscience of Leadership
- ▶ Embracing a Possibility Mindset
- ▶ Rewiring the Brain for Change
- ▶ Change Your Mind, Change Your Life
- ▶ Mindfulness, The Brain & Business
- ▶ Building Resilience in Yourself & Others
- ▶ The Neuroscience of Effective Learning Cultures



Clients:

