

THEA O'CONNOR

MOTIVATIONAL WELLBEING SPEAKER

Thea helps your employees take care of themselves, so they can take care of your business.

TEDx Speaker, Thea O'Connor is a wellbeing expert who has pioneered a range of ground breaking approaches to health and wellbeing in clinical and workplace settings. Her cutting edge content, depth of experience and fresh take on wellbeing, will leave you inspired and equipped to (finally) take care of your body like never before.

Her audiences consistently say she is

"Inspiring"

"Entertaining"

"Professional"

"Natural"



WELLBEING FOR FEMALE LEADERS

Close the gender wellbeing gap for female leaders and see more women step up and stay up.

Despite significant improvements in gender equality in the workplace, there are still far fewer women than men in senior leadership roles, especially in the private sector. Is the struggle to maintain their health and wellbeing one of the (many) barriers? Especially during midlife when menopause and career aspirations can collide?

Recent Australian data shows that female leaders are more likely than male leaders to report significantly lower overall wellbeing, personal wellbeing, work wellbeing and life satisfaction.

KEYNOTE TAKEAWAYS

- **Be clear about the facts:** What does the science say about the impact of wellbeing on critical leadership capabilities, and the current wellbeing gender-gap for female leaders?
- **Be on the front foot:** be equipped with education about the physiological changes all women will experience from the late 30s on and how they can support themselves.
- **Break out of the social conditioning** that STILL has women looking after others' wellbeing before their own!
- **Learn some smart moves** that will strengthen women's wellbeing, and protect their careers during their leadership and midlife years.