

DR.

**Adam
Fraser**

HUMAN PERFORMANCE RESEARCHER, AUTHOR,
EDUCATOR, SPEAKER & CONSULTANT

Dr Adam Fraser is an author, researcher and keynote speaker who works with teams and organisations to elevate their performance, by optimising their wellbeing, culture and leadership.

He holds a PhD in Biomedical Science and is the author of three best-selling books, including “The Third Space” and “Strive”. He is the director of the e-lab, a research company that partners with various Universities throughout Asia Pacific to elevate our knowledge of what drives high performance.

In the last 10 years, Dr Adam has delivered more than 1500 presentations to over half a million people Globally. Dr Adam has shared the stage with the Dalai Lama, Steve Wozniak (co-founder of Apple), and Sir Ken Robinson (the most watched Ted talk in history). Dr Adam has won numerous awards including the International Academy of Management Award for Best Global Action Research Paper and the APAC Management Consulting Award for Most Influential Wellbeing and Performance Speaker.

He is thought to be the only keynote speaker in the world to have had the impact of his keynote presentation measured in a university study (it improved the behaviour of attendees by 41%). In his time, Dr Adam has worked with business leaders, elite athletes, sporting teams, special forces soldiers, emergency service workers and many others.

Dr Adam’s presentations are highly engaging and interactive, and his style is practical, relatable and playful. He makes the complex simple so it’s easy for people to take action that improves their performance right away.





Adam gets people talking...

SEE MORE HERE



We loved Adam.
Our staff loved Adam.
Our students loved Adam.
Our parents loved Adam.
There was a lot of love for Adam.
Adam's presentation hit the mark & absolutely exceeded expectations.

- Radford College

Adam presented to the top 100 leaders in the bank, it was incredibly well-received. His presentation rated amongst the highest of the conference, scoring 10/10 in the post event survey feedback from the leaders. Not only was the presentation practical and relevant, it also really energised the group.

- NAB

Dr Adam Fraser was very entertaining and interesting, he had good energy and it was great to have everyone on their feet. The presentation was very practical, engaging and useful. Dr Fraser was a highlight.

- KPMG

No Thanks Kevin

[THE PSYCHOLOGY OF COURAGE]



How to master your mind and stop it getting in the way of change and better performance.

Often our mind is not our friend. It frequently hijacks our behaviour and leads us into dysfunction and outdated behaviours.

We know we should have the hard conversation, but we talk ourselves out of it. We know we should embrace change and innovation, but we find ourselves retreating to old familiar behaviours.

The latest research in psychology shows that many of the strategies we use to manage our thoughts and emotions are not effective. No Thanks Kevin gives people the latest tools and strategies to stop us getting in our own way. This presentation will show you how to be guided by your values and goals rather than controlled by your negative thoughts and emotions.

You will never look at your mind the same way again.

64%

INCREASE IN THE FREQUENCY OF
COURAGEOUS LEADERSHIP
BEHAVIOURS FROM THE SAFE MODEL

19%

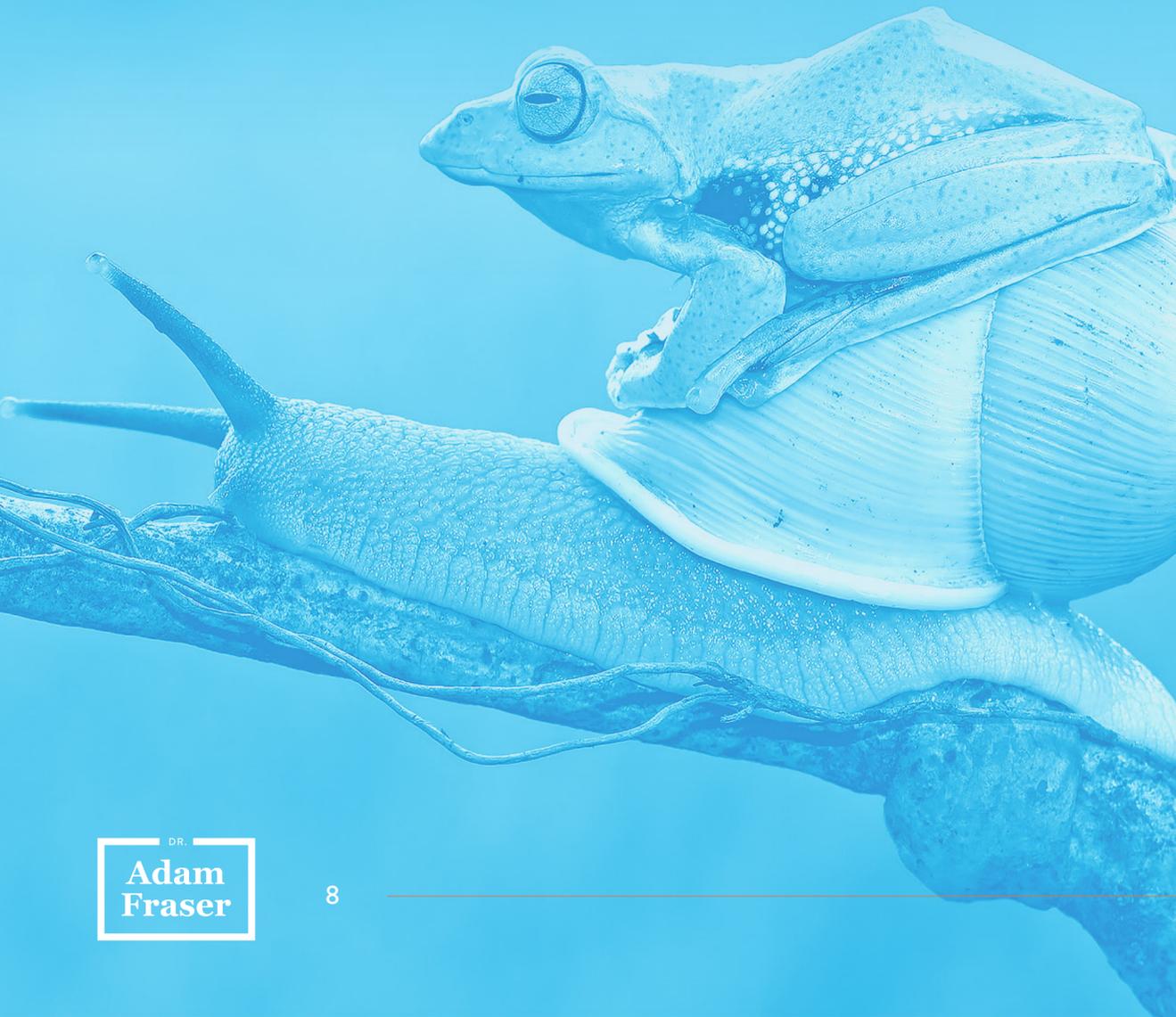
INCREASE IN MY LEADER
ASKING MY OPINION IN SOLVING
CHALLENGING WORK PROBLEMS



KEVIN
VIDEO

Rechargeable

[BUILDING SUSTAINABLE PERFORMANCE]



Fatigue and burnout are real issues for many people in organisations today. But how do you prevent burnout when you still have a mountain of work to get through?

The mistake most people make is that they think that in order to recover, they need to take long breaks off work. However, the research of Dr Fraser and Deakin University shows that the best way to prevent burnout is short, regular but consistent bursts of recovery. In other words, regularly engaging in micro-recovery. Micro-moments of recovery make it possible to reduce your chance of burnout while working at a fast pace or under high demands.

The strategies shared in this presentation have been shown in University studies to reduce stress and burnout in various stressful jobs such as paramedics, partners in professional services firms, sales teams and school leaders.

26%

DECREASE IN HOW
EMOTIONALLY DRAINED
PEOPLE FELT FROM WORK

44%

DECREASE IN LEVEL
OF BURNOUT



RECHARGABLE
VIDEO

Strive

[EMBRACING THE GIFT OF STRUGGLE]



How to have a constructive relationship with challenge and struggle to enable change and transformation.

The reality is any change, innovation or transformation brings with it discomfort, challenge and struggle. Unfortunately, most people see these states as a bad thing and something they should avoid.

The result is they don't drive strategy and transformation. For an organisation to evolve, their people must fundamentally change their relationship with challenge and struggle, where they see it as the path to growth and evolution, not something they should avoid.

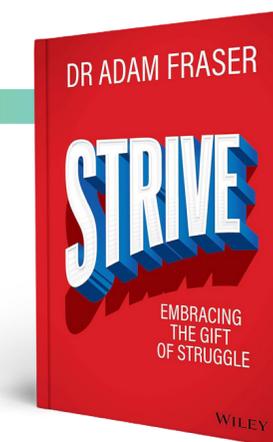
Dr Adam will share the key strategies to creating a Strive culture in your team, where they embrace change, reflect on progress, learn from failures and have a greater level of perseverance and tenacity when amid change.

54%

INCREASE IN THE
LEVEL OF POSITIVE
MOOD AT WORK

22%

IMPROVEMENT IN
CAPACITY TO HANDLE
HIGH WORKLOADS



STRIVE
VIDEO



The Ripple Effect

[HOW WE ALL AFFECT CULTURE]

Understand how cultures and groups of people function and how everyone affects the culture of a group, not just the leaders.

One of the biggest blocks to cultural transformation is when team members outsource culture to the most senior leaders. Team members incorrectly believe that only the leader shapes the culture of a team, saying things like, “Culture comes from the top down”.

Research has made incredible breakthroughs in our understanding of how the culture of teams and organisations works. In a nutshell, we have discovered that culture comes from the bottom up as well. In this challenging and competitive business landscape, we can no longer outsource culture to the senior leaders. Every behaviour from every single person sends a cultural ripple that affects the people around them, thus shaping the culture.

This fascinating, humorous and enlightening presentation will completely change the way your team views how they affect the culture of the organisation.

160%

INCREASE IN THE
LEVEL OF TRUST
IN THE TEAM

74%

INCREASE IN HOW
SUPPORTIVE TEAM
MEMBERS FELT THE
TEAM CULTURE WAS

43%

DECREASE IN THE
STRESS LEVELS
OF THE TEAM



RIPPLE
VIDEO



The Third Space

[DEVELOPING BEHAVIOURAL AGILITY]



How to improve work life balance and be more agile in your behaviour by leveraging the transitional spaces in your day.

We spend our day rapidly moving between different environments and interactions. All too often we take the mood and mindset of the previous interaction into the next one. We might have a frustrating meeting and it affects how we behave in the next one, or we go through a crisis, and it derails our day, or we take a bad day home with us. Clearly, this has a negative impact on our performance.

Dr Adam will explore a three-step process to effectively transition between the different interactions, tasks and contexts that make up our lives, in a way where we leave the previous interaction behind and bring the right mindset to what we are transitioning into, so we can perform at our best.

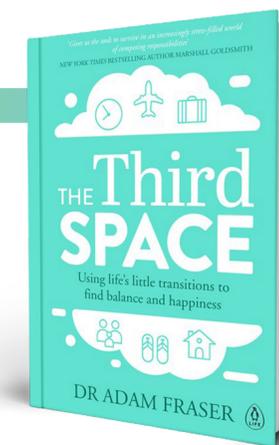
We will also talk about how we transition from work to home in a way where we can disconnect from the day and be at our best for our home life.

43%

IMPROVEMENT
IN THE MOOD
IN THE HOME

91%

INCREASE IN
BOUNDARY
STRENGTH



THIRD SPACE
VIDEO

ENQUIRE NOW



Logistics & bookings

Adam travels from Sydney or can provide a state-of-the-art virtual studio set-up.

ENQUIRY PROCESS:



1. AVAILABILITY

To check availability in Adam's calendar, please contact our office on +61 2 9564 5763 or email bookings@dradamfraser.com.



2. QUOTE

We will quote your engagement and provide guidance on the best ways to engage your audience including advice on topic selection.



3. APPROVAL & PAPERWORK

The booking agreement is signed, deposit paid and your date is locked into Adam's calendar.



4. PRE-EVENT PROCESS

Adam has a briefing call with you to talk about your event and what you're hoping to achieve. Our team will manage all of Adam's travel and logistics to save you time and hassle.



5. POST-EVENT

We share resources relevant to the topic presented as well as a post event survey.



Face to Face Event Pricing

WATCH ADAM'S SHOWREEL 

You want Adam to dazzle your audience at a speaking event

Go on a half day deep dive extravaganza

Embark on a full day workshop adventure

PREBUILT

Adam tailors an existing presentation for you

CUSTOM

Adam builds something bespoke for you

KEYNOTE
\$12,000+GST+TRAVEL
(up to 60 minutes)

KEYNOTE
\$16,000+GST+TRAVEL
(up to 60 minutes)

HALF DAY WORKSHOP
\$16,000+GST+TRAVEL
(up to 3 hours)

HALF DAY WORKSHOP
\$22,000+GST+TRAVEL
(up to 3 hours)

FULL DAY WORKSHOP
\$20,000+GST+TRAVEL
(up to 5.5 hours)

FULL DAY WORKSHOP
Price On Application
(up to 5.5 hours)

Virtual Event Pricing

WATCH ADAM'S VIRTUAL
SHOWREEL



PREBUILT

Adam tailors an existing presentation for you

CUSTOM

Adam builds something bespoke for you

You want Adam to dazzle your audience at a speaking event

KEYNOTE
\$11,000+GST
(up to 60 minutes)

KEYNOTE
\$15,000+GST
(up to 60 minutes)

Go on a half day deep dive extravaganza

HALF DAY WORKSHOP
\$15,000+GST
(up to 3 hours)

HALF DAY WORKSHOP
\$21,000+GST
(up to 3 hours)

Embark on a full day workshop adventure

FULL DAY WORKSHOP
\$18,000+GST
(up to 5.5 hours)

FULL DAY WORKSHOP
Price On Application
(up to 5.5 hours)

What next?

Phew...that's a lot of pages. If you've made it this far — well done you! Virtual high fives.

The next step will be for us to have a chat and get to know each other a little better. Best way to make this happen is to get in touch with our office.

BOOKINGS@DRADAMFRASER.COM

Or jump over to our website if you feel like you need a little more information.

WWW.DRADAMFRASER.COM

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