

Amanda Gore

Expert on Leadership, Team Performance and Keynote Speaker

Amanda Gore helps people feel great about themselves, feel happy, and in doing so, re-energise their professional and personal lives, unleash innovation and perform to their true potential.

A keynote speaker with over two decades experience, she works with organisations to build skills in leadership, and improve team performance, customer service, sales, bottom line and communication.

Entertaining and informative, Amanda's sessions are based on the latest science and tailored to meet the needs of each client. Her material can be applied to any group because the principles are those required for achieving peak performance.

Using storytelling, interaction and humour, she conveys messages that stick in people's minds for year - literally!

Amanda Gore Speaks about:

Wired for Joy - 9 ways to enhance well being, increase sales and boost productivity - Joy at work boosts sales by 37%, increases productivity 31%, reduces errors 18% and boosts chances of promotion 40%. Joy matters! Your brain can be rewired for joy. This session teaches delegates how they can feel joy and feel good about themselves.

This session is great for energising the whole group, de-stressing them and reframing the way they view change. It will have them rolling around laughing while they learn about the importance of 'the joy spot' - the place where neuroscience, epigenetics, emotional intelligence and positive psychology intersect!

The Joy Team - how optimism connects, motivates and engages - Beliefs, the stories people tell themselves about themselves, their colleagues, customers, bosses and the company determines their behavior.



This presentation helps people understand how to be conscious and mindful of their thinking and stories - and how to change them. And more importantly, why to change them. This session has the opportunity to finish with a 21-day challenge for the team to look at how they are thinking and what they are thinking and strategies on how change it.

The Joy Formula - 7 ways to build resilience and restore work life balance. It IS possible! - 'Busy-ness' is the new 'disease' impacting almost everyone. Rushing and having the perception (and reality) of 'too much to do' can destroy mental clarity and physical health.

Understanding the three possible stress responses and channeling them in the right way changes everything. How we feel, how we respond to those events and how others in turn respond or react.

Using the 'Life Pizza' Amanda helps delegates review important aspects of their lives and become aware of imbalances in most important areas - which then allows us to make a plan to improve that balance. She also uses the Life Pizza to introduce the concept of resilience and teach them several 'resilience strategies'. This is an engaging experience that sends people out of the room laughing and determined to balance their 'life pizza'!

The Joy of Mindfulness: 3 Must - Have Skills for Change - Mindfulness has been shown to improve everything! It literally changes your brain and improves performance, leadership, decision-making, creativity; reduces anxiety, stress, depression and reactivity; it increases energy, wellbeing and makes you happier.

Amanda show delegates how they can be more mindful with a simple strategy and in just three steps:

1. Notice things!
2. Question rather than assume!
3. Reframe.

Additionally, Amanda speaks on:

- Managing Change: Choosing Opportunity Over Fear
- The Same But Different: Are Women Really from Venus?
- The Neuroscience of Leadership: What Leaders Should Know about Feelings and Performance

Client Testimonials



Amanda was the most dynamic and insightful relationship speaker I've either hired or listened to. I would not have our first meeting of the Northeast Consulting Partners at Deloitte without her. We changed our dates so she could be with us.

Deloitte USA



What a delightfully refreshing talk you gave to our members last week. It is a long while since the hallowed halls of the Reserve Bank echoed to the laughter and experienced high jinks you brought forth from those present. You showed us highly sedentary bankers how to improve our health, appearance and mental outlook without necessarily becoming fitness fanatics.

Australian Institute of Bankers Inc.



Thank you so much for your energy, enthusiasm and commitment to helping people embrace change, and for the many light bulb moments around the room. Your name has been flying around the email system today with JOY CLUBS being born.

NSW Government Education & Communities



My sales force came away feeling better about themselves and well equipped to stay that way. Judging by the improvement in morale (and sales) this is proving to be good for business too.

Imagineering Australia Pty Ltd



After seeing Amanda inspire our top performers at a recent rewards function, we thought her energy, passion and zest for corporate harmony would be just the recipe to get 120 leaders motivated about the future of our business. Amanda sent the group off on a high, ready and willing to embrace our business strategy and take it to their people. Amanda had the hardest to please leaving the forum with a better understanding of how important perceptions are, more skills in emotional intelligence and committed to changing their own, and their teams' behaviours.

Westpac Group

Client Testimonials



I'm just sorry I waited so long to book you for a meeting. Only once in a rare while does a speaker come along who actually affects real change from their 90 minutes on stage. You breathe that rarefied air!

McDonalds



I have been a member of MDRT for 29 years and have seen some of the best speakers in the world. None has ever received 3 standing ovations like Amanda Gore.

Million Dollar Round Table



Amanda Gore, you are an inspiration! Verosol has never had a sales conference like this one. Despite all of the laughs, and metaphors, your messages were very clear and hard hitting. Success in business is strongly influenced by people and how they interact together. Amanda, your session set the scene for one of the most successful conferences we have ever had. Thank you so much.

Verosol (Aust) Pty Ltd



Amanda's ability to cut through with our team set the scene for our conference. Barriers were broken through the use of humour and physical symbols which reinforced our theme and inspired colleagues to connect. Amanda has a gift which you need to experience firsthand.

ANZ



The audience loved Amanda. Her presentation skills were amazing and left a lasting impression with the audience that is still being talked about, best ever that I have seen

AIA Australia

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