

## Clare Bowditch

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### *Singer, Songwriter & Creativity Speaker*

Clare Bowditch is one of Australia's most dynamic talents with an innate ability to communicate and inspire people at the deepest level. A best-selling ARIA Award Winning musician (Best Female) she has also been nominated as an actor for a Logie (Offspring), and been recognised as Rolling Stone Woman of the Year (Contribution to Culture).

As well as an entertainer, Clare is an experienced broadcaster, speaker, facilitator, M.C., and mother of three. She is the founder of social enterprise Big Hearted Business, which teaches artists about business and business-people about creativity.



#### ***More about Clare Bowditch:***

The irony about Clare's success is that it didn't come easily. Her early twenties were marked by chronic anxiety and crippling self-doubt; thought-patterns she needed to overcome and conquer in order to have the courage to make her difference in the world... and she did.

As a musician, Clare has toured extensively with the likes of Leonard Cohen, Paul Kelly, John Butler, Cat Power, and Gotye, to name just a few.

As the beloved host of the Afternoons radio show on ABC Melbourne, Clare is listened to by over 250,000 listeners daily. She has researched and presented thousands of interviews with luminaries such as musician Linda Ronstadt, business leaders Gail Kelly, authors Jeanette Winterson, Liane Moriarty and Zoe Foster-Blake, spiritual gurus Marianne Williamson and Danielle LaPorte, business billionaires like Lawrence Levy (Pixar), human rights activist such as Dr Kumi Naidoo and Moira Kelly, thought leaders like Krista Tippett, comedians Jenny Éclair, Tim Minchin and Ronnie Chieng, neuroscientists such as Dr Norman Doidge, as well as world-famous sports-people and politicians. Clare also broadcasts Qantas Radio's Australian Music Show.

#### Clare as a Keynote Speaker

A passionate keynote speaker, Clare has presented to been engaged by several organisations among them Small Business Victoria, Business Bundoora and for events including the Nurses and Midwives Wellness Conference, Women Leading Change Conference and the Wake Up Project with Danielle La Porte. She has hosted many events for organisations including Hume Council, Double J; APRA and the Melbourne Symphone Orchestra.

#### Clare as a Group Facilitator

Clare is a highly skilled group facilitator who uses humour and the power of story telling to encourage small and large groups of "non-professional-singers" to get over themselves and sing. In 2001, Clare completed her initial training, Singing and Community Leadership, with Vic Health (who believed then, and have now proven that singing is not only good for your physical health, it's also incredibly good for your emotional and mental health). She has been honing and perfecting her techniques ever since.

Clare Bowditch is an Ambassador for Smiling Mind, APRA, and The Stella Prize.

#### ***Clare Bowditch speaks about:***

Although flexible in her choice of topics and combination of offerings, Clare has two popular keynote presentations and one leadership workshop, which are suitable for both small and large groups).

Self Leadership: How To Count Yourself In. For Life - Using stories from her own struggles and triumphs, Clare teaches us to face and name our inner critics. In doing so, we tap in to our ability to live full, amazing lives and develop our own inner champion. In this keynote, Clare also plays guitar and sings her song Amazing Life.

The Day The Diet Died: Learning How To Celebrate Your Wobbly Bits - A deeply personal keynote about coming out from the shadows of our body-shame and learning to own our so-called 'imperfections' so that we can get on with the business of living full, glorious, brilliant lives, regardless of our size. Clare concludes his presentation by giving a powerful frame-work for self-care and wellbeing that does not include dieting or body shaming. Clare plays guitar and sings Amazing Life and/or Woman and may also teach the audience a part to sing with her.

Workshop: Singing for People Who Say They Can't Sing - This interactive workshop/key-note is the perfect point of difference for any conference or team-building event. Whether in a group of ten, or an arena of 10,000, Clare uses the metaphor of singing (and the stories we tell ourselves about how we can't sing) as a method of teaching people the true power of saying "YES" to life, and how to overcome their limiting stories.

## Client Testimonials

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Clare is one of those effortlessly mesmeric communicators. Her rare blend of insight and charisma means that people cannot help but be thoroughly engaged when she speaks.

***Waleed Aty***



She is that rare combination of creative talent, intellectual insight and evident empathy for the human condition. She is a compelling speaker on a range of topics relevant to most of us, and has both a gifted and humorous capacity to make large and small audiences feel immensely welcome and involved.

***Fabian Dattner, business leader, social entrepreneur***



Every time Clare Bowditch addresses an audience, a crowd or a person, she never fails to impress with her brilliance, insight, charisma, warmth and freaky ability to be in tune with people. Be it a music concert or sitting between political heavyweights on ABC's Q and A, she is perfect on a panel, on her own or interviewing anyone, from Nanas on the street to political leaders. Her extraordinary insight and natural connection with people stays with anyone lucky enough to be in her presence.

***Catherine Deveny***

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