

Ben Pettingill

Blind Thrill Seeker on a Mission to Smash Stigma & Inspire Change

Imagine waking up blind!

For Ben Pettingill, this was reality, waking up having lost 98% of his eyesight overnight at age 16. He understands first hand what it is like to be faced with extreme adversity and like a lot of change and challenge, Ben had no choice in the matter.

Ben Pettingill has made a name as one of Australia's most sought after speakers, presenting at large conferences and corporate events, right through to sporting clubs and schools. Harnessing his own lived experience with extensive research, Ben drives organisations to:



- Make the most of their potential, resources & opportunities through adversity
- Take back control of their story, leveraging intent, control and language
- Promote positive mental health through building trusting and supportive teams
- Developing inclusive attitudes, systems & cultures

Ben ensures he doesn't just deliver valuable messages and practical strategies to his audience, he lives them! Everyday he is driven by his commitment to simply, 'Make The Most'.

This mindset has seen Ben become the first legally blind person in the world to compete in Spartan Obstacle Course Races, compete in the Southern 80 water skiing race against able bodied competitors and trek the Kokoda Track in Papua New Guinea, not once, but twice.

Ben Pettingill talks about:

Make The Most

It is time to ask the hard questions! Ben challenges individuals and organisations alike to consider whether they are extracting the most out of themselves, their resources and their current situation and opportunities? If the answer is no, that's ok currently, however now is the time to implement change in order for the answer to become a yes!



Your audience will learn:

- How To implement a 'Make The Most' mindset
- To shift focus from the uncontrollable environment to the controllable next steps
- Why becoming agile is the key to navigating change
- How to harness people power to maximise results
- The business benefits of developing an appetite for challenge

Something we can bet our bottom dollar on is that there will always b change. More so now than ever before, from technology advancements to AI, inflation to interest rates, change is constant and there is no escaping it. With change comes challenge and it's challenge of all shapes and sizes that test our resilience, impact our mental health, however can also provide the most valuable opportunities for growth if we're prepared to take them.

Individuals and organisations often believe that building their resilience is the answer to overcoming adversity. The truth is, being good at navigating challenge doesn't come from improved resilience, it is dependent on the ability to control focus, maximise action and leverage the power of people.

Themes: Resilience, Change Management, Productivity & Performance, Leadership

Taking Control

Peoples internal dialogue and an organisations story can have a significant impact on mindset, energy, focus and culture. Proactively taking control of the circulating stories is critical to fostering high energy & high performance.

Your audience will learn:

- The owns of ownership, responsibility and self-accountability
- The influence and impact of internal dialogue and external narratives
- How to identify current sub conscious stories and their impact
- The impact of spoken and unspoken language as a leader
- How to take back control of internal dialogue and re-write existing reoccurring stories

Every organisation has a story. Within that story there are chapters, plots, sub plots, characters and when you break it down even more, language and words. Just like our favourite childhood stories stick with us because they made us feel a certain way, the story of our organisation has the ability to impact the way our staff are feeling, the energy of your teams and the overall culture.

External factors and current challenges can contribute to the story and often have the ability to take control of it. It's time to stop, identify what the story currently is, the impact it is having and take back the role as the author. Developing the awareness and skills as a leader to remain in control of the story and know your role as an author is critical to maintaining high energy, invested staff and a positive culture.

Themes: Leadership, Language, Communication, Culture



Toughen Up

It's time to challenge and redefine what it truly means to be tough in the workplace. The focus needs to be on building a supportive culture around mental health and smash the stigma that still exists once and for all.

Your audience will learn:

- A new version of what it means to be 'tough'
- The value of vulnerability
- Self care strategies and help seeking skills
- How to start and facilitate a tough and supportive conversation in the workplace
- Instilling the critical elements of a psychologically safe culture

1 in 5 people experience a mental health challenge each year in Australia

Despite these numbers continually increasing, there is still a strong stigma that exists around mental health within society.

Historically when faced with a mental health challenge the natural and in a lot of cases, expected response was to be 'tough'. This meant putting on a brave face, suppressing emotions and avoiding difficult conversations.

This version of 'tough' can contribute to poor mental health, as well as negatively effecting culture and overall productivity.

Instilling a new version of 'tough', removing the stigma that still exists and developing supportive and trusting teams, has the ability to positively impact mental health, wellbeing and productivity.

Themes: Mental Health, Wellbeing, Health & Safety, Culture

Seeing Ability Clearly

Disability isn't a choice however prioritising diversity, equity and inclusion is!

1 in 5 Australians live with disability, that's over 4.7 million people!

People with disability are customers, potential employees, colleagues and members of the community.

Ask yourself, is your workforce representative of this number? Are the customers you design for, target and service representative of this number? If not, why not? If your answer is no, you haven't done anything wrong, you simply have an untapped opportunity and the time is now to take it.

Your audience will learn:

• Lived experience of disability, normalising and creating comfort and safety around an often



uncomfortable topic

- The steps to transforming fear of offending to confident communicating
- insights into the impact of inclusion
- How to overcome misconceptions and unconscious bias
- Practical tools and strategies to improve inclusivity and develop an inclusive culture

It is commonly agreed upon that being inclusive is 'the right thing to do', however this doesn't mean that it is always done, or done well. There are many different reasons that can contribute to this, fear of offending, lack of awareness and education, misconceptions and unconscious bias, perceived cost and simply not knowing where to begin. As well most organisations are not aware of the benefits that prioritising inclusion can have on their culture, productivity, innovation and ultimately, their bottom line.

Themes: Diversity, Equity & Inclusion, Innovation, Social Impact, Culture.

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