

Dr Richard Chambers

High-Performance, Wellbeing and Leadership Speaker

Dr Richard Chambers is a high-performance, wellbeing, and leadership consultant.

His experience as a clinical psychologist and facilitator allows him to offer evidence-based and trauma-informed performance, mindfulness, emotional intelligence and leadership tools.

Richard's background in academic research and over two decades experience working with large organisations, not-for-profits, government agencies and elite sporting teams has equipped him with a uniquely impactful blend of evidence-based tools and knowledge of how organisational change really happens.

He empowers organisations to achieve sustainable high performance through a balanced approach that simultaneously honours the importance of performance, wellbeing and leadership.

From the TEDx stage to Fortune 500 boardrooms, Richard can teach the tools and values that really make a difference, empowering your teams to reach their full potential.

Richard's reputation for delivering actionable insights is well-earned. Every presentation is designed to provide implementable steps, delivering immediate value.

He partners with organisations who are firmly committed to genuinely improving the quality of their culture, the wellbeing of their people, and their organisation-wide performance. His offerings go beyond superficial metrics. They instil the real skills and values that result in tangible long-term improvements in the metrics that matter.

Richard's sessions are delivered globally, either online or in person, and each is tailored to meet the unique challenges and opportunities of your organisation.

With a Doctoral degree and over two decades of experience as a clinical psychologist, Richard carefully designs each program to support the mental health and wellbeing of every participant.

As an Adjunct Associate Professor at Monash University, his work is underpinned by over 50 scholarly publications, ensuring that every recommendation is both evidence-based and effective.



Testimonials

“ Richard is a master in creating and maintaining meaningful connections with our team. He has equipped our senior leaders with a suite of essential mindfulness practices and tools that help to build and sustain high performance. We couldn't be more pleased with the investment we have made in this critical whole of life program, and it has now become a key component of our leadership development offer at Bunnings.

- **Ryan Powell National Capability Manager, Bunnings**

“ Working with Richard has been a game changer! He presents practical material in a truly authentic manner, connecting deeply with the audience and facilitating meaningful discussion and behaviour change. We have now established an ongoing partnership with Richard. I can't recommend him more highly.

- **Tim Morden CEO, SHK Global**

“ Richard pitched it perfectly. He includes a great balance of statistics & research, along with practical and actionable suggestions. He has a really professional and polished presentation style which was well received by our people. He absolutely nailed the brief. I really appreciated how he tailored the session to the objectives as we discussed. He met the needs of our business and will help us continue to have more conversations about this with our people moving forward.

- **Heidi Mangan Senior Organisational Dev Specialist, Web3**

“ I would recommend Richard to everyone as there are so many practical insights and learnings. The strategies shared were simple and effective, allowing for greater productivity and efficiency.

- **Chris Thompson Qantas Airways**

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