

Dr Richard Chambers

High-Performance, Wellbeing and Leadership Speaker



A clinical psychologist, mindfulness expert, and internationally recognised speaker and author. With more than two decades of experience, he specialises in applying mindfulness to enhance performance, wellbeing, and resilience in individuals, teams, and organisations.

Richard has worked with a wide range of clients—from schools and universities to major corporations—helping people thrive in high-pressure environments and develop practical tools for focus, emotional regulation, and sustainable success. He is the author of several books on mindfulness, including *Mindful Learning*, *Mindful Relationships*, and *Mindful Living*, and is a cofounder of Smiling Mind, one of the world's leading digital mindfulness platforms.

A passionate advocate for bringing evidence-based mindfulness practices into everyday life, Richard combines scientific insight with engaging storytelling to make complex ideas accessible and immediately useful.

Topics

- Mindful Peak Performance[™]
- Productive With Purpose[™]
- The Decisive Mind™
- Emotional Genius[™]
- Sleep Optimization[™]
- Burnout Busting™
- Success Without Stress™
- Minimising Psychosocial Risk™



- Your Inner CEO™
- Collaboration Culture[™]
- Adaptive Leadership
- Leveraging Diverse Teams™

Testimonials

"Richard's programs have equipped our senior leaders with a suite of essential mindfulness practices and tools that help to build and sustain high performance.

- Bunnings

Working with Dr Richard Chambers has been a game changer. He presents practical material in a truly authentic manner and is able to deeply connect with the audience and facilitate meaningful discussion.

- SHK Global

" His keynote was an authentic delivery, full of great insights and practical, actionable tips and strategies. Our usually bustling offices fell silent during the meditation session, and his personalised resources were a hit with our team!

- Jeld-Wen / Ventora

"Richard delivered an outstanding opening keynote at our National Conference, setting an inspiring and focused tone. He tailored his insights to our members' challenges, linking real-world scenarios with research-driven strategies. His engaging style and actionable takeaways left a lasting impact, and he was a pleasure to work with throughout.

- ACMCAA

VIEW SPEAKER'S BIO ONLINE 2

×