

Kamal Sarma

Leading Teacher in Mental Resilience

Kamal Sarma has a deep insight into people and organisations, in large part, due to his unique personal and corporate experience. He spent 6 years living as a monk in a desert monastery and returned to Australia to build a successful corporate career.

Today Kamal focuses on helping people master the art of human connection through navigating complex and critical conversations, developing resilience, navigating change and transforming cultures.

Kamal has held senior executive positions in organizations, including McKinsey & Company, Eli Lilly and AMP Capital Investors. He has also been the co-founder of two venture capital businesses in the IT and biotech sectors. Kamal currently is a Chairman for Amicus Digital and the founder and CEO of his strategic Leadership firm, Rezilium. For the past 17 years Kamal and team have been helping top companies within Australia and Globally.

Kamal is the author of 3 international books: The best seller “Mental Resilience - the Power of Clarity”, “The Leadership Leap - UN learning how to lead” and his latest “WinWin Conversations”. He has conducted programs for a number of top-tier organisations, such as Google, Facebook, Bank of New York Mellon, Reserve Bank of Australia, PwC, Ernst and Young, Westpac, Commonwealth Bank and ING Global.

Outside of his corporate work Kamal the Chair of the RUOK Conversation Board. He is currently launching a program to eradicate self-harm and domestic violence through mentorship called Momentrs.

Momentrs provides training and development for mentors, enabling them to serve as guides for individuals seeking support during life’s inevitable challenges.

Momentrs emphasizes the power of kindness towards oneself and others, recognizing that life can be complex and often lacks clear instructions.

Momentr mentors use lived experience to offer non-judgmental support to help individuals feel heard, seen, and understood. Together, Momentrs and its mentors strive to make the world a better place by fostering empathy and resilience in those they serve.

The organisation holds the belief that connection is vital for thriving at work, home, and in the community, focusing on four key areas of connection:



- Connection to self,
- Connection to others,
- Connection to purpose, and
- Connection to the planet.

Momentrs believes that connection has the power to enhance mental health, create deeper emotional wellbeing, and contribute to ending domestic violence. The company is committed to evidence-based practices and actively engages in research.

Kamal Sarma Talks About

The Future Of Human Connection

In this ever changing world we need to develop better ways to connect, communicate and collaborate. We exist in an age where new exponential technologies are transforming how we live, work and play. Undeniably the evolution of digital technologies is mind- blowing, yet counterintuitively, the fundamental shift is in human connection.

Today's dynamic landscape requires us to cultivate and exercise human connection as a skill and a mindset. Neuroscientists, Psychologists, Anthropologists and Researchers agree we are hard wired to connect. So then why are we never taught one of the most important skills? How to connect with ourselves and one another.

We can have the best business structure, strategy and technology, but if our people are not able to connect with leaders, teams, clients and customers how successful can we truly be? Teams who understand and implement the skills of connection are primed to gain a competitive advantage and thrive. If we put people first they will build deep and sustainable relationships and experience a higher level of satisfaction and performance.

Key Takeaways

Audiences will walk away from this presentation with a tool kit for human connection designed to future-proof individuals, teams, clients and relationships. By exploring:

- A framework for future human connection. The mindset, toolsets and skill sets to apply
- How to have conversations that drive connection at a every team and client level
- How to deepen relationships and improve results
- The areas where connection can break down and how to rebuild it
- Connection for today's Digital, Analogue and Hybrid world

This presentation is designed to be customised as a keynote and/or workshop to your industry, leaders, managers and teams.

Win Win Conversations - How to Have Challenging Conversations with Clarity and Confidence

In a world of complexity, change and disruption your ability to communicate on a deeper level is

vital. By learning to navigate challenging conversations with clarity and confidence we help ourselves and others to thrive. WinWin Conversations is designed to deliver a competitive advantage because those who can develop deeper relationships and results have the capacity to perform and grow.

In an era of short attention spans and digital communication we need an innovative step away from the usual business communication teachings. WinWin focuses on human connection and transforming relationships to elevate every aspect of your work and life. WinWin will teach you how to become agile in your thinking and establish practical new ways of communicating.

Every single industry and individual can apply the principles of WinWin to improve their communication, connection and engagement. Teams who have adopted WinWin have experienced an upward shift in performance. We have seen cultures, results and relationships transformed when people understand and apply the unique principals of WinWin conversations.

Key Takeaways

- What is a WinWin Conversation
- How to build a culture of WinWin
- The 7 Principals of WinWin Conversations
- How to transform existing and build new relationships
- How implementing WinWin can improve results

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The Leadership Leap - Why You Need to Un-Learn and Re-Learn

There have been fundamental changes in the world related to technology, generations and our attitudes to work. As a result our expectations around Leadership have shifted. Strong leadership of self and of your organisation is imperative for the future of work and business. It is essential that leaders optimise their energy, time and skills. To achieve this we need an integrated and principled approach to a model of leadership that will enhance your career, business and life.

Leadership is an ongoing challenge globally and presents limitless opportunities for growth. This has become even more apparent in the last few years. The good news is this provides us with an opportunity to create a more responsive leadership model. Part of this evolution requires us to un-learn old models of leadership and to apply more effective principles.

To become a leader that inspires followership and performance we need to learn and adapt the right mindset, toolset and skill sets. Kamal has identified 7 essential principals and suggests that un-learning these will positively impact your people and your leadership journey.

Key Takeaways

- The 7 Principals of Leadership to un-learn
- The new principals of Leadership

- How to build Leadership that inspires people to follow
- How to transform people, culture and results through Leadership
- Identifying and closing the gap between management and leadership

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Resilience - Develop the Focus of a Warrior and the Clarity of a Monk

We all face challenges, constant demands on our time, complex decisions and personalities. How resilient are your people and teams when it comes to responding to such challenges? Organisational and personal resilience are 2 of the most powerful traits you can develop in response to the work of today and tomorrow.

Resilience is one of the keys to high performance work and environment. If we can meet our challenges with the right mindset and skills our well-being and results will flourish. By clearing your mind of repetitive, unhelpful thoughts you can improve your ability to make good decisions. And when you learn how to manage stress and maintain clarity in any situation you positively impact your own life and that of those around you.

Kamal has more than 20 years experience helping people develop one of their most precious assets - the mind. As the author of Mental Resilience - The Power of Clarity - How to develop the focus of a warrior and focus of a monk Kamal draws on his personal experience as a monk and corporate professional Kamal will help your leaders and teams to facilitate a new level of growth, resilience and psychological safety.

Key Takeaways

- How to develop personal and professional resilience
- When faced with challenges and change how do we build resilient people and organisations
- How to maintain focus and clarity to make better decisions
- Tools to sustain your resilience and improve your results
- How to create a culture of resilience and psychological safety

Digital Resilience - Thriving in a Digitally Transforming World

Are you in charge of sculpting your mind? Or is your mind being hacked? Digital transformation has been revolutionary. It has given humans the ability to consume whatever and whenever they chose to. We are now entertained endlessly, more informed and constantly stimulated. As a species, our tools have evolved from the simple hand axe, to the always-in-the-palm-of-your-hand phone.

We are aware of digital disruption, digital Darwinism and the impact that technology can have on our lives. However, our carbon brains do not change at the same rate as silicon digital devices. Without truly understanding the impacts that technology has on our minds, we are powerless against our minds being hacked. This 'hacking' can lead to digital distraction and ultimately, digital depletion.

To make sure organisations, teams and individuals can perform in a digitally transformed world, we must be able to use technology in a beneficial way, sculpting our minds and remaining digitally resilient.

Key Takeaways

- How we as an analogue species, need to shift our mindset and behaviours to thrive in a digital world
- How to master digital productivity and recognise digital addictions
- How to curb digital distractions to avoid depletion
- How to debug our minds once they have been 'hacked'
- How to lead your-self to be able to lead digital transformation in your business

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Testimonials

“ We invite Kamal to speak every year at our week long 'boot camp' that kicks off our annual programme for 30 Senior Marketers. We always run a survey after the event to get feedback on our speakers, to ensure we're programming the very best. This year 87% of our scholars rated his session 'Excellent;' the highest score they can give. And this is exactly why we invite him back each year. He is ALWAYS one of the highest if not the highest scoring speaker we have. Why? When someone has trodden such a varied path he now has the capacity to resonate with almost everyone and to have a meaningful and lasting impact. he always brings his A game to his sessions with such great energy and honesty. We'll be inviting him back again next year...and the next.

- The Marketing Academy

“ Thank you for an amazing presentation at our Afford Employment conference. You connected with the entire audience and everyone felt so much better about themselves and the environment around them.

- Australian Foundation For Disability (AFFORD)

“ The Rezilium team recently conducted a series of virtual masterclasses for us at WA Super. Since our organisation is undergoing a period of significant change, we encouraged everyone to participate in the Emotional and Mental Resilience Masterclass sessions. The content was highly relevant and feedback from our teams confirmed they found the sessions practical, informative and engaging. While many webinars can be challenging, the program that was conducted by Rezilium was incredibly interactive and engaging, and as such, I would highly recommend Kamal.

- Hockey WA

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