

Annie Harvey

Motivational Speaker, TEDx Speaker & Workplace Wellbeing Expert

Annie is a TEDx and keynote speaker with expertise in neuroscience and brain health, education and coaching. Productivity Without Burnout. Motivation Without the Hype.

In a world overloaded with “resilience” talk, Annie Harvey delivers something different: real strategies to help teams manage stress, stay motivated, and perform at their best — without running on empty.

At the heart of her keynotes is the Inner MBA — a science-backed framework and practical toolkit that helps people raise their efficacy levels: the often-overlooked driver of workplace wellbeing and sustainable success. It’s the missing piece in most burnout conversations — and the reason many wellbeing initiatives fall flat. She also likens company culture to our human nervous system — brilliantly explaining how both can get stuck, and more importantly, how they can reset and thrive.

Whether speaking to frontline teams or senior leaders, Annie helps audiences:

- Reduce burnout and absenteeism
- Reignite purpose and productivity
- Save time, energy, and money with smarter mental habits

A TEDx speaker and mental health advocate, Annie brings science-backed insights, refreshing honesty, and a generous dash of humour — because staying well at work shouldn’t feel like another job.

Equip your people with the tools they didn’t know they were missing.

Real talk. Real tools. Real change.



Annie Harvey talks about:

A proven no-nonsense solution to help manage stress, beat burnout or just get the balance back.

- Learn 3 simple steps to raise productivity and performance with the bonus of beating burnout too.
- Feel uplifted, confident and inspired.
- Be efficacious, not resilient!
- Manage stress strategically.
- Avoid fatigue from empathy overwhelm.
- Boost self-leadership to continually evolve and navigate change.
- Leave with an attitude of 'can do'!

Client testimonials

“ I appreciated how human you were. By incorporating your story and personal experiences into your presentation, it made it applicable and feel more real, rather than a lot of stats that feel disconnected from life.

- Org Psych, Cape Town

“ In my 18 years as a counsellor, this training has trumped all my PD!

- Centacare

“ An inspiration and a true champion in self-leadership.

- WHS Manager Bendigo Bank

“ Some of the best PD we've ever had!

- Deputy, St Peter's Woodlands School

“ Such pertinent guidance right now, delivered in a truly engaging way.

- State Manager, Connective Asset Finance

“ I loved how she took such a serious issue as burnout and made sure the team had fun with it.

- *People & Culture, Coles Liquor*

“ Great speakers but you eclipsed them all with some fun and common sense!

- *Standing Tall*

“ I'll be gloating for years that I chose you! Your understanding of and strategies for preventing burnout were exactly what we needed. We have had nothing but positive feedback from our attendees (no mean feat, I promise you!)

- *FCAQ*

[VIEW SPEAKER'S BIO ONLINE](#)

[VIDEO OF SPEAKER](#)