

# Sue Langley

## **Master Trainer of Neuroscience & Emotional Intelligence**

Every day, in every way, Sue Langley lives and breathes her commitment to neuroscience, emotional intelligence, and positive psychology and wellness. Her in depth knowledge and understanding of these subjects comes from a long held fascination with how the brain works, why and how people make decisions and behave as they do, and the impact this has on individuals and organisations. The first person to earn a Master in Neuroscience of Leadership, she is an expert in the field and was positioned as such on the hit ABC TV series *Redesign My Brain*, which was broadcast on the Science Channel in the US as *Hack My Brain*. Sue is a sought after international speaker and appears regularly in the Australian media.



A dynamic and engaging speaker and master trainer, Sue Langley turns complex scientific concepts into practical tools that can be used to inspire individuals, organisations and teams to reach their potential. She teaches individuals and organisations in Australia and around the world, how to harness the brain's potential, create positive workplaces and be more intelligent about emotions.

### **More about Sue Langley**

Sue was the first person to earn a Master in Neuroscience of Leadership and is the creator of the world's first government accredited Diploma of Positive Psychology and Wellbeing. She holds a BA in Psychology and Management from Monash and has studied positive psychology at Harvard. Recognised for her knowledge and expertise in measuring and developing emotional intelligence, strengths and neuro-leadership capabilities, she certifies other consultants and psychologists in Australia and internationally.

Since founding the Langley Group of companies in 2002, Sue Langley has used her gift for synthesising science into simple, practical tools anyone can use to create positive workplaces and be more intelligent about emotions. She chairs conferences internationally and works with leading organisations, including Oracle, Schneider Electric and Wesfarmers to build positive workplace cultures, emotionally intelligent leaders and high performing teams.

Sue Langley is the author of *Positive Relationships at Work* and she has written two children's books based on positive psychology. She is a Director of Growing Great Schools and the Langley Group Institute, and an affiliate of the Australian Psychological Association and the International Positive Psychology Association. She chairs conferences and presents her work and research internationally.



Sue's keynotes and executive masterclasses synthesise neuroscience, emotional intelligence and positive psychology into critical insights to get the best from people. She tailors each presentation to her audience and brings learning to life with fun, experiential activities and tangible techniques people can apply every day in work and life. Whether speaking to ten people or 1000, each keynote engages people and challenges them to think differently and start taking positive steps to transform the way they work and live.

### ***Sue Langley talks about:***

- **Emotional intelligence at work:** The science, practice and business impact of emotional intelligence
- **The neuroscience of leadership:** How to lead with the brain in mind
- **The neuroscience of creativity:** Creating a thriving culture that boosts innovation, collaboration and learning
- **The neuroscience of change:** Minimising negative impact and maximising engagement during change
- **Positive psychology at work:** The science, practice and business impact of optimal performance and wellbeing
- **Positive leadership:** A positive framework for developing extraordinary leaders
- **Creating a positive workplace culture:** Positive practices to increase wellbeing, engagement and performance
- **Nudge practices:** Small things that count toward happiness and wellbeing
- **Everyone's got talent:** Strengths-based approaches to talent and performance
- **Creating brain-friendly habits:** How to optimise your brain to increase your happiness levels
- **Positive psychology and Prada:** Why money can buy happiness. And how you spend it matters.
- **Realising your strengths:** How to harness your potential to become happy, engaged and fulfilled in work and life.

### **Client testimonials**

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“ Oracle Corporation has been working with the Langley Group for the last couple of years throughout Australia and New Zealand. Working with them has really helped us increase the leadership capability within our organisation, which is key to our ongoing success. What sets them apart from others in this space is their passion and knowledge of the subject, and the genuine nature of the relationships they form.

- Oracle

“ Working with the Langley Group has had a major impact on our organisation. They have helped us transform our culture. It's made communication flow a lot better and relationships become stronger. The changes have had direct results on our bottom line. Optimism is now a



fundamental part of our culture. We are committed to the continual development of optimistic behaviours in our staff, volunteers and clients.

**- Camp Quality**

“ The Langley Group has had a massive impact on the people they trained. The communication they have with their colleagues and managers has certainly improved. It’s been a direct result of their better understanding about themselves and how others act and behave.

**- Zoetis**

“ What sets the Langley Group apart from other experts in emotional intelligence is their in-depth knowledge. They have a broader, deeper understanding of how to develop these new behaviours. They really tailored the program to financial advice and our business.

**- Perpetual**

“ Sue Langley facilitated a team planning day and her approach was so different from the usual strategic business planning that the impact has been really profound.

**- Public Relations Institute of Australia**

“ We have seen a new positivity and a new way of thinking from our people, which has been delightfully surprising.

**- Nuance Group**

“ I am very excited by the prospect of applying a new type of thinking that I believe will benefit my colleagues, teams and customers as well as my family and friends. I had a lot of light bulbs go off and the brightest for me was realising lost opportunities – how little I use my EI skills and abilities on a day-to-day basis. I can now imagine the potential for generating positive outcomes through the thoughtful and strategic use of emotional intelligence.

**- Westpac**

“ I got more out of the half hour I managed to see of your session than the daylong workshop with another speaker yesterday. You have a more hands on and practical approach to the issues I want training on, including how the brain works and how to best deal with ‘difficult’ clients. I only wish I had heard more!

**- Q Invest**

“ Brilliant ideas to take back, positive energy. Excellent presentation, very interactive. Grabs audience attention, very informative. Strong presence, relevant message. Exciting... I could



have spent a whole day listening to Sue Langley!

- *Mind & Its Potential*

[VIEW SPEAKER'S BIO ONLINE ↗](#)

