

Graeme Cowan

Business Leader, Author & Keynote Speaker

Graeme Cowan worked in senior leadership positions with Johnson & Johnson, Pfizer, and AT Kearney.

In 2000 he went through a five year episode of depression that his psychiatrist described as the worst he had ever treated. He emerged from this crisis with a different view about how we can build our own resilience, mood, and performance, to thrive through disruption and change. Today Graeme shares this knowledge to help businesses and individuals create a positive workplace culture and to enhance mental well being.



Graeme is the author of four books, including the internationally acclaimed *Back from the Brink*, which has a testimonial from the former UK Prime Minister Tony Blair, a foreword by the actress Glenn Close, and has just been translated and launched in China.

Graeme Cowan is a Board Member of R U OK?, and was instrumental in helping Gavin Larkin and a small team, create and grow this extraordinary movement.

Graeme Cowan talks about:

All of Graeme's speeches are customised. He works with you to understand your audience, your theme and your goals for the presentation. The following titles and concepts can be mixed and matched to create the perfect program for your audience.

Seven Rituals of the Resilient Leader - In times of unprecedented change and uncertainty, employee disengagement has become the norm. The only thing we can control is what we choose to do each day - and that directly impacts our mood, engagement, and performance.

Four Ways to Help a Stressed Employee - Depression and anxiety disorders now account for 34% of lost productivity through absenteeism and presenteeism, and yet 86% of those afflicted, would rather suffer in silence than discuss with work colleagues. What can be done to address this?

Strengths Based Tribe - The discovery, development, and use of team member's unique talents builds team performance and engagement.



Using the Gallup StrengthsFinder, participants discover their top five strengths which will help them to be highly productive, more likely to earn high customer satisfaction ratings, and more likely to have high employee retention.

Creating a Mentally Healthy Work Culture - Detailed research into wellbeing by the Gallup organisation found that of the five components: physical, social, career, community and financial wellbeing - our career wellbeing is the most critical. If a work environment is unhealthy, in all likelihood, employees overall wellbeing suffers.

Client testimonials

“ Graeme’s speech was incredibly well received by the client. He was very relatable and followed the brief perfectly. They sent back very positive feedback and considered this the best speaker they have had this year.

- *Optum Health Solutions Australia Pty Ltd*

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