

Aaron Williams

Wellbeing and Mental Health Expert, Keynote Speaker

Aaron Williams is the CEO and co-founder of Mindstar (a national wellbeing and mental health company), an executive coach and an Accredited Mental Health Social Worker (AMHSW).

Aaron is also a passionate and entertaining keynote speaker, who has spent the last 25 years inspiring people to be their best as he talks through the why, how and what of wellbeing and mental health at live and web-based events. His simple tips, tools and inspiration help every person to feel happier, stronger and healthier, every day.

Aaron combines his clinical mental health background and corporate experience, in an effort to crush the stigma associated with seeking support and inspire people to focus on, improve, and maintain their wellbeing.

More about Aaron Williams:

Aaron Williams has a unique and inspiring story.

Originally an IT Account Executive from a corporate background, the fuse for his industry-leading work in wellbeing and mental health was lit in 2003 after an extended period travelling, living and working overseas. During this time, a young friend died suddenly and Aaron experienced a period of depression and suicidal thinking. He returned to Australia in 2003 and was inspired, at 32 years of age, to change careers and focus on mental health.

In this capacity, Aaron has worked as a senior mental health clinician and trainer with the Department of Health and has spoken and lectured widely on mental health. He has been a speaker and chair at major clinical conferences including the International Mental Health Conference, National Suicide Prevention Conference, 2016 National AMHSW conference and the Australian National Rural & Remote Telehealth Conference.

In 2015, Aaron co-founded Mindstar, the mission for which is to make Australia the happiest, healthiest country in the world. Mindstar works with national organisations including: ANZ Wealth, NAB/MLC, AIA Insurance, Zurich Financial Services Australia, Vinomofu, Telstra Business, Queensland Ballet, Suncare and the University of Queensland.



Aaron initiated UNPACK: The show about life shit, during which he interviews high profile and inspirational people from all walks of life, talking to them about their remarkable stories of wellbeing and resilience.

Aaron has appeared on television and radio and in print media, including: Channel 7,9,10 news; ABC- NEWS-24; Channel 9's *A Current Affair*; Triple J Breakfast; 2SM; ABC Drive Radio and numerous regional radio and newspapers.

Client testimonials

“ In my view he is one of the top speakers in the mental health area in Australia, and I highly recommend him.

- *AFA Vice President 2018 National Conference Chair*

“ Aaron's messages about the power you have over your thoughts, as well as how you can train your mind as well as your body really hit a chord with the audience.

- *National Australia Bank*

“ He provided a powerful depiction of his own struggle with mental health, as well as helping break down the stigma surrounding the issue, reinforcing the reality that mental health problems do not discriminate, and explaining how we have incredible power over our thoughts and emotions. “It was also extremely valuable to hear from Aaron about the importance of checking in with ourselves and our friends and colleagues, and empowering ourselves with the knowledge and skills to take action should someone say, “No, I'm not ok.” “In addition to this, Aaron also gave attendees practical tips and tools to improve their own mental health and wellbeing, because as he explained, you can't look out for someone else if you're not looking after yourself. “The feedback from the 80 attendees was very positive. They found the nuance between the personal and the practical to hit just the right mark, and the content overall was tailored well for a corporate audience of varying age and lifestyle demographics.

- *Zurich Life & Investments*

“ We received so much positive response from our delegates who really resonated with Aaron - his presentation was warm, lively, personal, engaging and funny - he captured the audience perfectly and was so well received. His key note was a big hit with our people.

- *ANZ-Onepath*

“ Aaron shared with delegates tips and strategies for helping advisors and their clients with mental health and wellbeing, provided access to online tools and resources, and presented a helpful outline on how to have the sometimes difficult conversation 'Are you okay?'

- Life Insurance, Australia Wealth

“ I just want to let you know that I went back to the Doctor today to take first steps to getting better. I decided to make a change. Your presentation helped me to do that. The macho male attitude had stopped me from doing this previously. Your slide on how to recognise depression made me realise that was me... each and every dot point.

- Anonymous

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[VIDEO OF SPEAKER](#) 