

Dr Adam Fraser

Researcher, Expert on Human Performance & Keynote Speaker

Dr Adam Fraser is one of Australia's leading educators, researchers and thought leaders in the area of human performance. Adam works in the corporate and business world to provide one on one coaching, consulting, workshops and keynote presentations that elevate and sustain employee performance. Adam is renowned for making the complex, simple and engaging... and for taking the latest science and translating it so that people can immediately apply it to their own situation.



More about Dr Adam Fraser:

Dr Adam Fraser is a human performance researcher and consultant who studies how organisations adopt a high performance culture to thrive in this challenging and evolving business landscape. Adam has a true passion for the research behind his work and has long held partnerships with various Universities throughout Asia Pacific. In fact, he is thought to be the only keynote speaker in the world to have had the impact of his keynote presentation measured in a University study (It improved the behaviour of attendees by 41%).

He has worked with elite level athletes, the armed forces and business professionals of all levels. In the last 10 years he has delivered more than 1500 presentations to over half a million people in Australia, New Zealand and worldwide. He has worked in many industries with clients including CBA, Westpac, Optus, Telstra, IBM, PwC, Ernst & Young, Asteron, AON, Local Government Managers Association, Merck Sharpe & Dohme, Queensland Law Society and the Department of Education. In addition to this Dr Adam is the author of four best-selling books, including his latest book released in 2020 '*Strive*' and the acclaimed '*The Third Space*'.

His topics included the psychology of performance, improvement of productivity, transformational leadership, engagement of teams, work life balance and development of high performing cultures.

He is regularly featured in the media, having appeared in the AFR, SMH, The Age, CEO magazine, BRW, Fast Thinking, Readers Digest, Human Capitol Magazine and Management Today. He has held regular radio spots on *ABC Radio Nationally* and his own slot on *Sky Business*. He is also regularly on Channel 7's *Sunrise & The Morning Show*, Channel 9's *Today* and *Today Extra* and *Close Up* in Auckland.



He is married to a woman who is far brighter than he is, two daughters who have him completely wrapped around their finger and a dog Tilly who routinely outwits him.

Dr Adam Fraser speaks about:

Dr Adam Fraser tailors the following keynotes to his audiences:

The Third Space: Adam's cutting edge research with Deakin University explored hundreds of people with demanding jobs, ranging from palliative care nurses to sales people to surgeons to leaders to special forces soldiers to elite athletes. What the high performers all had in common was that they used the Third Space to overcome setbacks and assume a mindset to get the most out of what is to come.

Aftershock - Cultures that Flourish: Every person in an organisation affects its culture. Every behaviour, from each individual, sends a ripple effect through an organisation that affects its culture.

This fascinating, humorous and enlightening presentation will completely change the way your team views how they affect the culture of their organisation.

Strive - Going Beyond Resilience: Lots of organisations talk about needing resilience, however resilience simply focuses on how we cope when under pressure. In this disrupted and competitive world we have to go way beyond coping. Our research has asked the question what is beyond resilience?

The Psychology of Innovation: Technology is increasing customer power and awareness, driving down prices and margins, and increasing convergence, making it harder and harder to differentiate. This is the world we live in! Dr Adam covers the latest research on how we can be more innovative the psychology of what stops individuals, teams and organisations from innovating.

Working in Flow - High Performance in the Zone: Companies and individuals now more than ever need to out-create, out-innovate and out-market their competition. The narrative in business has shifted from "how do we keep doing the same thing but to more people", to "how do we stand out and offer something unique". This evolution in business puts pressure on the human capital that exists within corporations to step up.

Client testimonials

“ Adam moulds interesting research results and statistics into a humorous, informative and engaging presentation. It is an extremely good reminder on how to look after ourselves better if we want to work more happily and productively. Adam's presentation lead us to reflect on our work environment and showed us how important it is to sit up and question our mind set, especially in regard to our rituals, habits and health. I strongly recommend Adam's presentation to others.



- Commonwealth Bank

“ Everyone really enjoyed the presentation! They found it extremely useful mainly because it was so relevant and he gave us tips that we could implement immediately. Adam is fantastic and I am sure we as a firm will be using him again.

- Price Waterhouse Coopers

“ Adam is an engaging and thought provoking presenter. He is able to present information and concepts in a practical way that encourages thought, discussion and action. Adam also brings a highly positive energy into the room that stimulates people to think and participate. The time we spent with Adam was invaluable for our Management Team to further their journey as the leadership of the business.

- Suzanne Grae

“ Beginning with a very skeptical staff comprised of teachers and administrative staff, Dr Fraser’s down-to-earth, contemplative and motivating presentation won the staff over completely. They have now asked me to continue working with Dr. Fraser and to work with them to improve their productivity and keep our unique workplace culture.

- Ability Education

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