

Sophie Scott OAM

Broadcaster, Author, Keynote Speaker & MC



Sophie uses her vast experience and the latest research to help people prevent and manage burnout, reduce stress, and communicate with impact.

After 20 plus years as an award-winning medical TV journalist for the Australian Broadcasting Corporation, today Sophie is an international speaker and educator with expertise in mental health and wellbeing.

She's received an Order Of Australia Medal for her service to broadcast media, and to community health.

She has an extensive presence on social media, has been an invited speaker at the World Congress on Positive Psychology, has written two books (Live a Longer Life (ABC Books) and RoadTesting Happiness (Harper Collins), and has won major awards for her journalism and medical reporting. Upon leaving the ABC she was invited to give a TEDx talk on surviving and thriving burnout.

She is an Advisory Board Member of the Australian National Mental Health Prize and sits on the advisory board on stigma at Australia's National Mental Health Commission and the University of Melbourne's Contemplative Studies Centre.

She is an Adjunct Associate Professor in the Notre Dame University Medical School lecturing in science communication.

She is an ambassador for Bowel Cancer Australia, and Pain Australia and is a patient reviewer for the British Medical Journal.

Sophie is a highly sought-after MC and speaker on topics such as preventing burnout, managing your mental well-being during times of change, the science of high-performance habits, and how to use neuroscience to stick to new habits and overcome unwanted ones.

Her talks and workshops help people take better care of their mental health through science-backed techniques so they can build emotional resilience, maximise their potential and thrive at work and at home.

Sophie Scott talks about:

THRIVING THROUGH CHANGE WHILE DEFYING BURNOUT

After a near collapse from clinical burnout, Sophie embarked on a quest to understand the science behind the modern-day syndrome of burnout. In her deeply personal and fascinating story, Sophie transports the audience into the high pressure world of televising news, the deadlines, the constantly changing science and the pressure to be the best. Her inspirational and life challenging keynote speech is compelling, filled with practical science-based techniques and will have you thriving through change while defying burnout.

HARNESSING NEUROSCIENCE FOR PEAK PERFORMANCE

How would you feel if you had the time, energy and focus to reach your potential? What if the answer was reframing how you treat yourself? That's right. And there's now a great science that shows 'self care' is crucial to peak performance. In this talk you'll learn how to maximize your energy and focus to boost your productivity and prevent burnout. You'll also discover the amazing 'undoing hypothesis' and how positive emotions mitigate the effects of stress.

WIN THE MORNING, WIN THE DAY: MASTERING THE ART OF DAILY SUCCESS

This unique presentation is an extension of Sophie's highly successful talk, "Harnessing Neuroscience to Achieve Peak Performance." The "Win the Morning, Win the Day" concept emphasizes the crucial role that morning routines play in enhancing wellbeing and productivity, all backed by the latest neuroscience.

In this inspiring and informative 45-minute session, Sophie explores the connection between mental health and peak performance, demonstrating how and why it all begins with the way you start your day.

Your audience will gain practical and easy to implement techniques to:

- Enhance their emotional wellbeing
- Manage stress more effectively
- Boost productivity using the latest neuroscience

Sophie's engaging and entertaining style ensures that her insights are not only informative but

also enjoyable, making complex topics accessible and actionable.

Client testimonials

“ You spoke extremely clearly, logically and helpfully. It was very well received and we had some great positive feedback. I suspect we should have scheduled two hours rather than one!

- Royal Institute for Deaf and Blind Children

“ Sophie Scott was absolutely brilliant. She obviously put in a lot of time and effort in her research and engaging with us and her professionalism, winning personality and knowledge made our World Mental Health Day the most successful to date. We received terrific feedback about her facilitation and our event would not have been nearly as good without her commitment to mental health and her media skills.

- Mental Health Council of Australia

“ Sophie has been MC at the Australian Medical Association (NSW) Charitable Foundation's Black Tie Dinner at NSW Parliament House for the past five years. Our guest speaker has on two occasions been the Australian of the Year. We keep inviting Sophie back because she is a real asset to the event, ensuring with warmth and humour that the evening proceeds smoothly.

- Australian Medical Association (NSW) Limited

“ Sophie was a fabulous MC at the Health & Fitness Industry Gala Dinner. Her role was performed seamlessly.

- Fitness Australia Limited

“ Sophie is an engaging presenter who provides simple, easy to action ideas. Her presentation, backed by science, her tips on meditation, showing self compassion and the importance of routines, as well as the breathing exercises, were all important insights on what to do to keep yourself mentally and physically well. We look forward to partnering with Sophie for future WW events.

- WW co-ordinator

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[VIDEO OF SPEAKER](#) 