

Sophie Scott OAM

Broadcaster, Author, Keynote Speaker & MC



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

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

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.

Sophie 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 sciencebacked techniques so they can build emotional resilience, maximise their potential and thrive at work and at home.

In 2023 Sophie received an Order Of Australia Medal for her service to broadcast media, and to community health.

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

- Sophie brought a dynamic energy to her presentation, keeping our audience thoroughly engaged while delivering powerful, science-based insights that sparked meaningful conversations long after the event.
- Murrumbidgee Primary Health Network
- Sophie is an engaging presenter who provides simple, easy to action ideas. Her presentation, backed by science, was full of important insights on what to do to keep yourself mentally and physically well.
- WW Australia NZ
- We love working with Sophie Scott! She engages naturally with participants at all levels, and her up to date knowledge of the medical sector allows for expert facilitation. Sophie is very well respected in the health and medical industry.
- Rare Cancers Australia
- "From the insightful techniques she shared to the hands-on practice, I walked away feeling significantly more confident in my communication and speaking skills that I'm excited to put into action.
- Gidget Foundation

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VIDEO OF SPEAKER C

