

### Dr Amantha Imber

## Innovation Dynamo, Workshop Facilitator & Keynote Speaker

An organisational psychologist and founder of behaviour change consultancy Inventium, Dr Amantha Imber is also the co-creator of the Australian Financial Review's Most Innovative Companies list and the AFR BOSS Best Places to Work list.

Amantha has helped companies such as Google, Apple, Disney, LEGO, Atlassian, Commonwealth Bank and many others reinvent the way they approach their work.

In 2019, Amantha was named as one of the Australian Financial Review's 100 Women of Influence. In 2021, she won the Thinkers50 Innovation Award (described by the Financial Times as the 'Oscars for Management Thinking'), which recognises the thinker who has

contributed the most to the understanding of innovation globally over the last two years. Amantha was the first Australian to win this award.

Amantha is also the host of the number one ranking business podcast How I Work, which has had over 5 million downloads. She interviews some of the world's most successful people about their habits, strategies, and rituals.

Amantha's thoughts have appeared in Harvard Business Review, Forbes, Entrepreneur and Fast Company and she is the author of bestselling books, including international bestseller Time Wise and The Health Habit.

In 2025 Amantha was named as a finalist in the Australian AI Awards as the AI Female Leader of the Year and AI Consultant of the Year.

#### **Topics**

# Find Your Focus: Science-backed strategies for turbo-charging productivity and wellbeing

Email. Social media. Endless pings and dings. Distraction and digital temptation make it hard to do focused, impactful work.



In this highly interactive keynote, Dr. Amantha Imber reveals science-backed strategies to help teams transform habits, turbo-charge output, and optimise work hours. Attendees will learn how to structure days for peak performance, win back hours lost to distraction, and ingrain new practices to conquer busyness. They'll walk away with an actionable blueprint to sharpen focus and dial up impact.

#### Key takeaways:

- Science-backed strategies to conquer busyness and turbo-charge productivity
- Evidence-based techniques to structure days for deep thinking and flow
- The simple strategy that will let you win back at least two hours in every workday

#### Who this is for:

• Business leaders, teams, small business owners, knowledge workers, entrepreneurs, anyone who wants to achieve more with less.

#### Innovation Survivor: How to outthink, outsmart, and outlast your competitors

It is our ability to generate breakthrough ideas to business challenges and opportunities that is what literally enables us to outthink, outsmart and outlast our competitors.

Dr Amantha Imber will take you through the latest scientific findings in relation to what really drives highly inventive and disruptive thinking - and how participants can apply these findings to their role.

You will walk away with a set of practical tools that you can use immediately to innovate what you do and disrupt the competition.

#### *Key takeaways:*

- A set of practical tools to drive breakthrough thinking
- The skills to literally outthink and outlast competitors
- Tools that can easily be communicated to your teams and others within the organisation to help drive an innovation culture

#### Who this is for:

• Business leaders, executives, entrepreneurs, marketers, small business owners, anyone who needs to think more innovatively and problem solve in their role.

#### Health Habits That Stick: How to Rewire Your Brain for Long-Term Success

Is your team showing signs of burnout? Feeling exhausted even thought it's only Monday? Finding it harder to bounce back?

We all have habits that hold us back from better health and feeling and performing at our best. But





trying to change through willpower alone rarely works. In this engaging keynote, Dr. Amantha Imber goes beyond a one-size-fits-all approach to reveal science-backed strategies tailored to each person's unique psychology.

Attendees will discover how to identify their own mental roadblocks and gain customisable techniques to finally make positive health changes stick. They'll walk away with clarity and an actionable plan to transform habits for good.

#### *Key takeaways:*

- The latest psychology on why most health advice fails to create lasting change
- How to pinpoint your unique "habit hijackers" sabotaging progress
- Customisable strategies to overcome mental obstacles and ingrain healthy habits
- An interactive blueprint for creating health habits that endure beyond the new year

#### Who this is for:

• Business leaders, teams, anyone who wants to perform at their best.

#### Tiny Tweaks, Big Shifts: The Small Steps That Lead to Massive Change

How do you achieve dramatic improvement? Driving real change requires adopting new behaviours - yet our brains resist. It is downright hard to change entrenched habits.

In this interactive keynote, Dr. Amantha Imber will reveal psychological insights that drive transformation. Attendees will learn tactics to identify mental roadblocks and "glitches" thwarting progress. They'll discover tiny tweaks that pay huge dividends in cementing new habits and high performance behaviours. This talk provides a practical blueprint for shepherding change at any level.

#### Key Takeaways:

- The hidden mental obstacles that sabotage your goals
- The psychological barriers that are killing your progress and how to fix them
- Counterintuitive insights to make positive habits stick for good
- Small tweaks that will lead to huge improvements

#### Who this is for:

• Business leaders, teams, change makers, entrepreneurs, anyone who is trying to drive change or create change in themselves.

#### **Testimonials**

" Amantha wowed our delegates with a captivating presentation. Amantha expertly tailored her presentation to suit an audience of senior finance professionals, and struck a perfect balance





of warmth, humour and rigourous fact-based, practical ideas that our members could use in both their professional and personal lives. It was a pleasure to work with Amantha every step of the way.

#### - CEB International

Amantha is a peerless facilitator of any creativity, innovation, thinking-related workshop, conference and gathering. Her seemingly light delivery and interaction with the audiences is the tip of an iceberg of the depth of her science knowledge and understanding of human mind at work. I am a shameless fan of Amantha's work.

#### - Innofuture

- "Amantha was an engaging, relevant and hugely popular keynote speaker for our Legal Innovation and Technology community. Delegates scored Amantha the highest rated speaker of the event.
- The Eventful Group

VIEW SPEAKER'S BIO ONLINE 6

VIDEO OF SPEAKER 2

×