

Sarah Wilson

Author, Podcaster, Social Philosopher, Speaker, Philanthropist and Climate Change Advisor

Sarah Wilson is a multi-New York Times and Amazon best-selling author, social philosopher, international keynote speaker, minimalist and philanthropist. She founded the global I Quit Sugar movement, became the editor of Cosmopolitan Australia at 29, hosted the most-watched TV series show in the nation's history -the first season of Masterchef Australia - and wrote the international bestseller *First, We Make the Beast Beautiful*, which Mark Manson described as "the best book on living with anxiety that I've ever read".



Her most recent book, *This One Wild and Precious Life*, won the US Gold Nautilus Prize, and she has ranked in the top 200 most influential authors in the world (two years in a row).

Sarah's mission is to see humanity - individuals, communities and corporates - engaged in the epic issues facing the world today. She leads the discussion via her keynote addresses and in conversations with the world's leading philosophers, scientists and creatives on her podcast, *Wild with Sarah Wilson* and over at her Substack with her community of 50,000 subscribers.

Sarah is committed to driving a global conversation on inequality, truth, purpose, existential risk and climate change. Sarah lives between Paris and Sydney, is a foster parent, gamifies her carbon footprint and rides a bike everywhere.

What Sarah Speaks About

Sarah has a number of keynotes that can be tailored to an organisation's needs:

How to turn anxiety into a superpower

A nuanced and deep "conversation" that recasts anxiety as a philosophical and creative experience. In this presentation, Sarah draws on her own experience living with bipolar disorder, and the research and experiences she encountered over 7 years creating her New York Times bestseller, *First, We Make the Beast Beautiful*.

Anxiety and young people

The above can be tailored to young people if necessary, drawing on Sarah's National Press Club

address research that looked at the anxiety epidemic among young Australians.

The future of wellness in your organisation

A broader “healthy living” presentation that curates the trends and developments that *actually* work and are backed by gold-standard science. Sarah draws on more than 15 years of extensive research and lived experience to present the top wellness tips to transform individual and workplace outcomes. This includes quitting sugar, mental health and anxiety tips as well as longevity hacks that draw on her work with National Geographic’s “Blue Zones” project.

How to run a business - and a life - based on values

Sarah has studied the best productivity, wellness and simple living advice (detailed across more than 100 Sunday Life column explorations, 1500 blog posts, 15 books and scores of podcast episodes). Sarah draws on lessons learned from meeting His Holiness the Dalai Lama, Oprah’s life coach, Brene Brown, Seth Godin and many more to guide corporates and entrepreneurs wishing to foster an impactful and meaningful career and workplace. Sarah shares the hacks, tips and responsibilities that she has researched and experimented with that are vital for flourishing in a fragmental, uncertain world and for navigating staff, peers and loved ones to a more connected and hopeful future. She shares the latest science on dopamine fasting, resilience, decision theory, “soul nerding”, forest therapy and more.

She also draws on her experience running Australia’s largest digital wellness business...and then closing it and donating all profits to charity. This is a presentation suited to organisations going through a cultural or structural transformation.

Testimonials

“ Sarah Wilson is a force of nature - quite literally. She’s a great teacher and a great leader, and I admire her with all my soul.

- *Elizabeth Gilbert, Author of Eat, Pray, Love*

“ Sarah is full of expert advice while remaining grounded and incredibly human. Her vulnerability is her strength.

- *Mark Manson, #1 New York Times Bestselling Author*

“ At a time when brands and marketers have become obsessed with purpose, you can get a masterclass on the subject from Sarah Wilson, who lives her life and completes her projects with unwavering purpose and speaks with real authenticity and passion.

- *Brett Smart, CEO, IAG*

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