

# Dr Jodi Richardson

### Go-to Anxiety & Wellbeing Speaker, Author, Podcast Host & Media Commentator

Dr. Jodi Richardson is the go-to speaker for schools and workplaces looking to empower students, parents, staff, or leaders with understanding and real-time strategies to *finally* get a handle on anxiety, alleviate in-themoment and long-term stress, and implement techniques that maximise potential and amplify wellbeing.



A former secondary teacher, Dr. Jodi understands the challenges within the education landscape, including unprecedented anxiety among students, as well as the stress, sleep issues, anxiety, worry, and burnout faced by educators and school leaders. With warmth, compassion, and humour, her presentations within school communities enhance mental health and wellbeing inside and outside the school gate.

As a 1st Dan (the level above black belt) in Karate, Dr. Jodi brings a unique approach to her work with teens teaching them to distinguish between perceived threats that fuel anxiety, and the signals from others that indicate a genuine threat to their personal safety. Her years of martial arts training have honed her safety awareness, resilience and willingness to challenge her limits, insights she weaves into different aspects of her work.

Dr. Jodi's impressive achievements in the wellbeing, science, and educational landscapes blend seamlessly with her innate caring nature, resulting in an engaging, research-based, relatable and empowering experience for those in attendance. It is common for participants to leave feeling like an 'old friend' of Dr. Jodi's or flocking to her for even more insights and advice.

Dr. Jodi is a celebrated Penguin Random House author, renowned for her bestselling works, Anxious Kids and Anxious Mums. She is also the visionary creator and much-loved host of the toptier, globally recognised podcast Well, Hello Anxiety, which consistently ranks in the top 2% of podcasts worldwide for its insightful exploration of anxiety management.

A respected media commentator, Dr. Jodi shares practical mental health recommendations twice weekly with Melbourne radio listeners and has appeared on The TODAY Show, ABC Breakfast, Studio 10, Sunrise, The Age, Weekend Today, Women's Health and more.

Dr. Jodi is adaptable, professional and a joy to work with. You can trust she'll deliver a tailored, impactful and memorable experience, or as her clients say, 'hit the mark' every time.

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# Dr Jodi Richardson talks about:

#### Corporate

- Anxiety at Work: Understanding, Managing & Thriving in High-Pressure Environments.
- Running on Empty? How to Recognise, Prevent & Recover from Burnout.
- **Happy Here and Now:** Finding Fulfillment in Every Workday.

#### **Educators**

- Educating the Anxious Mind: Strategies for Today's Learners.
- Is it Friday yet? Building a Burnout-Proof Teaching Team.
- School Refusal: Helping Kids & Teens Say 'Yes' to School Again.

#### Parents

- Lighting the Path: Moving Kids & Teens from Anxiety to Resilience.
- Risk and Reward: Teaching Kids to Navigate Anxiety, Risk, Failure and Success.
- Harmony at Home: Reducing Stress in Parent-Teen Relationships.

#### **Students**

- Thriving Under Pressure: How to manage stress and anxiety at school.
- Maximise Your Potential: Skills to Persist in the Face of Challenges.
- Gut Feelings and Good Decisions: When to Take the Leap and When to Walk Away.

# **Testimonials**

When booking a speaker for a conference or presentation, there are many who hold the desired qualifications, knowledge and expertise; however, booking a speaker who is an engaging and commanding speaker is another skill set entirely. It's a rare combination to discover a speaker who speaks with credibility, but who also has the audience in the palm of her hand from the get go and yet this is what places Dr. Jodi Richardson apart from other speakers. She is outstanding with regard to both content and delivery.

# - Propsych

<sup>11</sup> Dr Jodi came to my school to talk to Year 12 students about mental health awareness and what we should do if we're feeling anxious at such a busy time in our lives. She made it fun and engaging. The hour felt like 15 minutes. All my friends said they learned something they could use for the rest of their lives. She held the attention of all the students, making it entertaining and participative while giving us information and knowledge that we can use not only at school but to manage our feelings at home too. She used examples that were relatable to us and explained that it's ok to be anxious, you just have to know what to do. My friends and I were practising her breathing techniques on the way home from school later that day. I

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think every school kid would benefit from hearing Dr Jodi speak.

- Padua College
- <sup>11</sup> Thank you once again for a truly brilliant day. You bring such a great combination of gentle insight and practical understanding. I personally am so appreciative of how easily we can arrange complex days and how you hit the mark every time.
- Beaconhills College

VIEW SPEAKER'S BIO ONLINE

VIDEO OF SPEAKER

