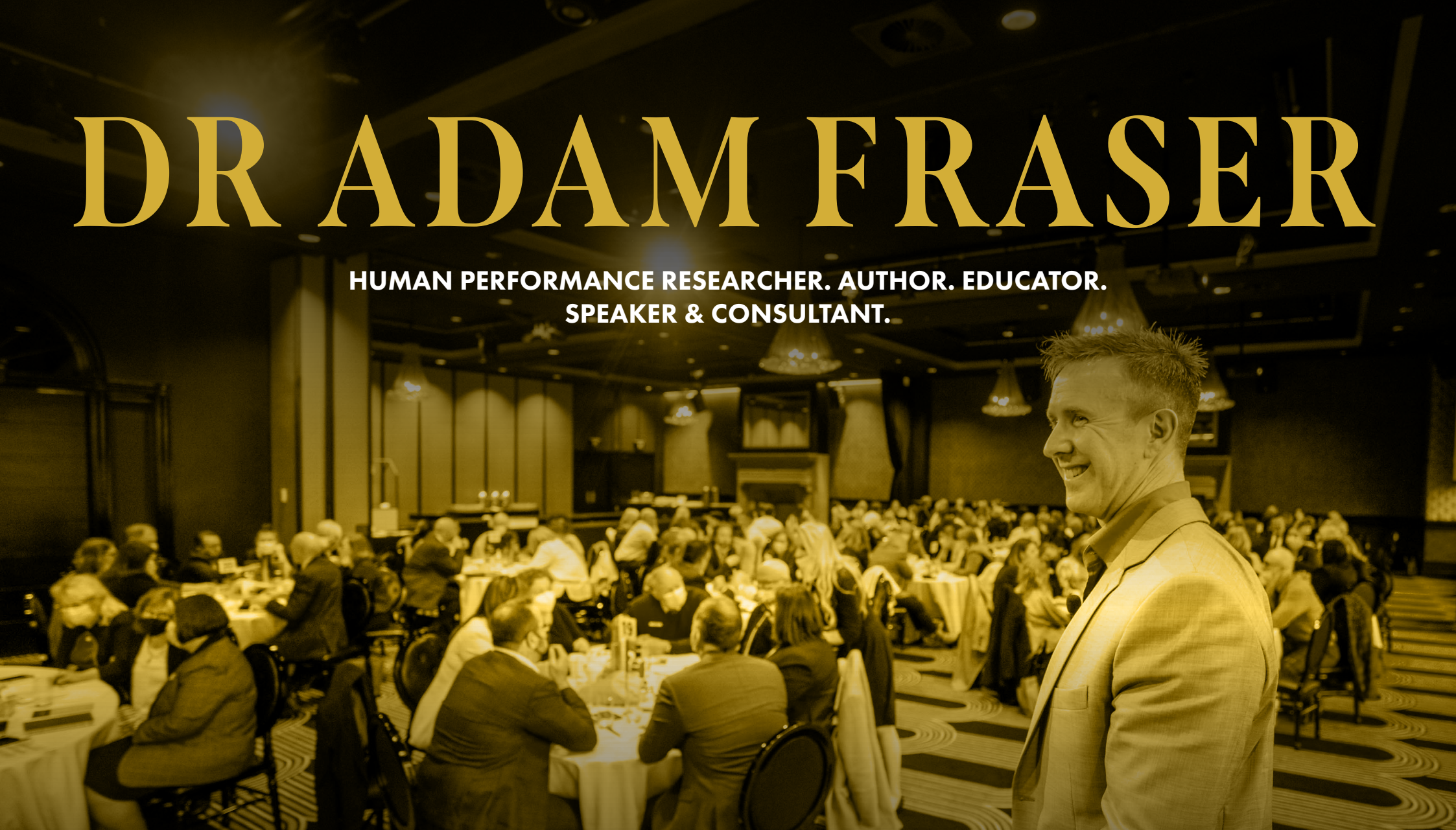


DR ADAM FRASER

**HUMAN PERFORMANCE RESEARCHER. AUTHOR. EDUCATOR.
SPEAKER & CONSULTANT.**



Tier One Management

PREMIER SPEAKER TALENT: ELEVATING EVENTS, INSPIRING AUDIENCES

Dr Adam Fraser is an author, researcher and keynote speaker who works with teams and organisations to elevate their performance, by optimising their wellbeing, culture and leadership.

He holds a PhD in Biomedical Science and is the author of three best-selling books, including “The Third Space” and “Strive”. He is the director of the e-lab, a research company that partners with various Universities throughout Asia Pacific to elevate our knowledge of what drives high performance.

In the last 10 years, Dr Adam has delivered more than 1500 presentations to over half a million people Globally. Dr Adam has shared the stage with the Dalai Lama, Steve Wozniak (co-founder of Apple), and Sir Ken Robinson (the most watched Ted talk in history). Dr Adam has won numerous awards including the International Academy of Management Award for Best Global Action Research Paper and the APAC Management Consulting Award for Most Influential Wellbeing and Performance Speaker.

He is thought to be the only keynote speaker in the world to have had the impact of his keynote presentation measured in a university study (it improved the behaviour of attendees by 41%). In his time, Dr Adam has worked with business leaders, elite athletes, sporting teams, special forces soldiers, emergency service workers and many others.

Dr Adam’s presentations are highly engaging and interactive, and his style is practical, relatable and playful. He makes the complex simple so it’s easy for people to take action that improves their performance right away.



KEYNOTE TOPICS & WORKSHOP OPTIONS



HOW TO MASTER YOUR MIND AND STOP IT GETTING IN THE WAY OF CHANGE AND BETTER PERFORMANCE.

Often our mind is not our friend. It frequently hijacks our behaviour and leads us into dysfunction and outdated behaviours.

We know we should have the hard conversation, but we talk ourselves out of it. We know we should embrace change and innovation, but we find ourselves retreating to old familiar behaviours.

The latest research in psychology shows that many of the strategies we use to manage our thoughts and emotions are not effective. No Thanks Kevin gives people the latest tools and strategies to stop us getting in our own way. This presentation will show you how to be guided by your values and goals rather than controlled by your negative thoughts and emotions.

You will never look at your mind the same way again.

64% INCREASE IN THE FREQUENCY OF COURAGEOUS LEADERSHIP BEHAVIOURS FROM THE SAFE MODEL

19% INCREASE IN MY LEADER ASKING MY OPINION IN SOLVING CHALLENGING WORK PROBLEMS

KEYNOTE PRESENTATION

No Thanks Kevin

THE PSYCHOLOGY OF COURAGE

**FATIGUE AND BURNOUT ARE REAL ISSUES
FOR MANY PEOPLE IN ORGANISATIONS
TODAY. BUT HOW DO YOU PREVENT
BURNOUT WHEN YOU STILL HAVE A
MOUNTAIN OF WORK TO GET THROUGH?**

The mistake most people make is that they think that in order to recover, they need to take long breaks off work. However, the research of Dr Fraser and Deakin University shows that the best way to prevent burnout is short, regular but consistent bursts of recovery. In other words, regularly engaging in micro-recovery. Micro-moments of recovery make it possible to reduce your chance of burnout while working at a fast pace or under high demands.

The strategies shared in this presentation have been shown in University studies to reduce stress and burnout in various stressful jobs such as paramedics, partners in professional services firms, sales teams and school leaders.

26% DECREASE IN HOW EMOTIONALLY
DRAINED PEOPLE FELT FROM WORK

44% DECREASE IN LEVEL OF BURNOUT

KEYNOTE PRESENTATION

Rechargeable

BUILDING SUSTAINABLE PERFORMANCE

HOW TO HAVE A CONSTRUCTIVE RELATIONSHIP WITH CHALLENGE AND STRUGGLE TO ENABLE CHANGE AND TRANSFORMATION.

The reality is any change, innovation or transformation brings with it discomfort, challenge and struggle. Unfortunately, most people see these states as a bad thing and something they should avoid.

The result is they don't drive strategy and transformation. For an organisation to evolve, their people must fundamentally change their relationship with challenge and struggle, where they see it as the path to growth and evolution, not something they should avoid.

Dr Adam will share the key strategies to creating a Strive culture in your team, where they embrace change, reflect on progress, learn from failures and have a greater level of perseverance and tenacity when amid change.

54% INCREASE IN THE LEVEL OF POSITIVE
MOOD AT WORK

22% IMPROVEMENT IN CAPACITY TO
HANDLE HIGH WORKLOADS

KEYNOTE PRESENTATION

Strive

EMBRACING THE GIFT OF STRUGGLE

UNDERSTAND HOW CULTURES AND GROUPS OF PEOPLE FUNCTION AND HOW EVERYONE AFFECTS THE CULTURE OF A GROUP, NOT JUST THE LEADERS.

One of the biggest blocks to cultural transformation is when team members outsource culture to the most senior leaders. Team members incorrectly believe that only the leader shapes the culture of a team, saying things like, "Culture comes from the top down".

Research has made incredible breakthroughs in our understanding of how the culture of teams and organisations works. In a nutshell, we have discovered that culture comes from the bottom up as well. In this challenging and competitive business landscape, we can no longer outsource culture to the senior leaders. Every behaviour from every single person sends a cultural ripple that affects the people around them, thus shaping the culture.

This fascinating, humorous and enlightening presentation will completely change the way your team views how they affect the culture of the organisation.

160% INCREASE IN THE LEVEL OF TRUST IN THE TEAM

22% INCREASE IN HOW SUPPORTIVE TEAM MEMBERS FELT THE TEAM CULTURE WAS

43% DECREASE IN THE STRESS LEVELS OF THE TEAM

KEYNOTE PRESENTATION

The Ripple Effect

HOW WE ALL AFFECT CULTURE

**HOW TO IMPROVE WORK LIFE BALANCE
AND BE MORE AGILE IN YOUR BEHAVIOUR
BY LEVERAGING THE TRANSITIONAL SPACES
IN YOUR DAY.**

We spend our day rapidly moving between different environments and interactions. All too often we take the mood and mindset of the previous interaction into the next one. We might have a frustrating meeting and it affects how we behave in the next one, or we go through a crisis, and it derails our day, or we take a bad day home with us. Clearly, this has a negative impact on our performance.

Dr Adam will explore a three-step process to effectively transition between the different interactions, tasks and contexts that make up our lives, in a way where we leave the previous interaction behind and bring the right mindset to what we are transitioning into, so we can perform at our best.

We will also talk about how we transition from work to home in a way where we can disconnect from the day and be at our best for our home life.

43% IMPROVEMENT IN THE MOOD
IN THE HOME

91% INCREASE IN BOUNDARY STRENGTH

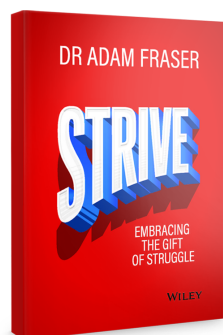


KEYNOTE PRESENTATION

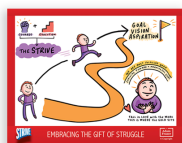
The Third Space

DEVELOPING BEHAVIOURAL AGILITY

BOOKS



PERSONALLY
SIGNED BY
Dr Adam Fraser



STRIVE

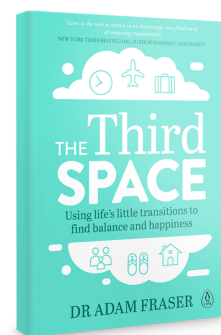
Is happiness really the key to a meaningful and fulfilling life?

We are all obsessed with happiness. There are thousands of books, presenters, and courses trying to teach us how to be happy. But are we more happy? No! We are the most depressed, anxious and medicated group of people in history. The happiness movement has failed us.

Strive turns our ideas of happiness upside down and reveals why challenge, struggle and setbacks are the keys to living a profoundly satisfying life that fosters authentic happiness. Dr Adam Fraser shows that the practice of striving towards a goal is vital to achieving fulfilment and peak performance, without needing to sacrifice your relationships and physical and mental wellbeing along the way.

Strive is a must read for anyone who wants to transform their lives and find fulfilment, one struggle at a time.

All 'Strive' books will be personally signed by Dr Adam Fraser and will include an exclusive 'Strive' magnet!



PERSONALLY
SIGNED BY
Dr Adam Fraser



THE THIRD SPACE

How to use life's little transitions to find balance and happiness.

Every day we undertake dozens of different roles, tasks and experiences. Most of us habitually carry our mindset and emotional state from one of these activities to the next - and all too often this has negative, occasionally disastrous consequences.

For years we've been told it's getting the 'big' stuff right that gives us balance and makes us happy: the holidays, the audacious goals, the pay rises.

But in our hearts we know it's really the small stuff: a great result at work, our welcome home, an absorbing conversation, a game with the kids.

This book is all about getting the small stuff right - not 'sweating' it, but making it much more rewarding, much more often. It's about using 'The Third Space'® (that moment of transition between a first activity and the second that follows it), to mentally 'show up' right for whatever comes next. Gaining control of the Third Space will empower you to do this any time and every time. You will consistently be your best for your work, your family, your friends and yourself - and you will find that the key to balance and happiness was always there waiting for you in The Third Space®.

Includes a foreword by Stephen Lundin, author of Fish.

All 'The Third Space'® books will be personally signed by Dr Adam Fraser and will include an exclusive 'The Third Space' magnet!

JUST SOME OF THE CLIENTS DR ADAM HAS WORKED WITH

We loved Adam. Our staff loved Adam. Our students loved Adam. Our parents loved Adam. There was a lot of love for Adam. Adam's presentation hit the mark & absolutely exceeded expectations.

Adam presented to the top 100 leaders in the bank, it was incredibly well-received. His presentation rated amongst the highest of the conference, scoring 10/10 in the post event survey feedback from the leaders. Not only was the presentation practical and relevant, it also really energised the group.

Dr Adam Fraser was very entertaining and interesting, he had good energy and it was great to have everyone on their feet. The presentation was very practical, engaging and useful. Dr Fraser was a highlight.



ENQUIRY PROCESS

1. CHECK AVAILABILITY

To book Dr Adam Fraser for your next event or to chat to the team, call [0433 059 111](tel:0433059111) or email emma@tieronemanagement.com.au

2. REQUEST A PROPOSAL

All engagements are quoted individually and after a chat with the team you will be provided a customised proposal, including speaker fees and travel expenses.

3. APPROVAL AND PAPERWORK

The date is locked in, a contract issued and a deposit paid to secure your date.

4. PRE-EVENT PROCESS

We can provide any assistance with promoting your event, including the production of a teaser video to go out to your delegates. We will have a detailed briefing before your event and manage all the travel arrangements