

## Biography

### THE FOLLOWING IS INFORMATION YOU MIGHT LIKE TO WRITE IN A BROCHURE –

*Select what you feel is most appropriate for your particular group.*

A communications and performance expert, Amanda Gore Keynote speaker and CEO of The Joy Project, uses latest research in neuroscience, positive psychology, epigenetics, and emotional intelligence, to help business leaders achieve the results they need by getting people engaged in, enthusiastic about and aligned with conference and corporate goals and vision. Amanda will help you to create joyful workplaces that lead to better performance.

The Harvard business review is entitled "**The Value of Happiness - how employee well being drives profits**". It is the latest focus for corporations and countries worldwide - how to create flourishing workplaces.

If you want better leadership, change management, team performance, customer service, sales or bottom line, Amanda focuses on:

- How to change people's behaviors.
- How to create environments in which people can be the best they can be.
- How to help people believe in themselves.

This is presented in an entertaining way that has the whole group interacting and involved. Amanda will create an experience and skill base that changes the whole group dynamics of your conference, and which people will remember for years.

For too long business has been paralyzed by it's over analysis of data. People are 80% emotional and 20% rational - if we want them to change we have to tell them stories that touch their hearts! Facts and figures don't work - as Lou Gerstner found out as he turned IBM around.

Amanda will help people reconnect to what really matters - the energy and emotional layers that really drive performance, innovation, relationships, engagement and creativity in business and life.

Within a few short minutes, Amanda breaks down the barriers that separate people, and from that moment forward it's a fun, invigorating, action packed ride towards self-discovery and ultimately, real and lasting change. Through funny, energizing presentations, based on decades of scientific discovery and personal experience,

Amanda believes success in business is always about feelings - the way we feel about ourselves, something or someone determines how we behave - and whether we do business with them or not - and the way we interact.

Our perceptions determine our feelings, which directly affect our behaviour. Until we change our perceptions, we won't change our behaviour.

Amanda changes perceptions... and feelings.

Author of five books and several DVD and audio training programs, She devotes two months of every year researching and developing new material and keeping up to date in her fields of expertise in neuroscience, leadership, resilience, group dynamics and stress management.

### **SOME SHORT VERSIONS FROM WHICH TO CHOOSE!!**

For more than 25 years, Amanda Gore has been one of America's and Australia's most admired experiential speakers. She uses the principles of emotional intelligence to transform the spirit of people and cultures by changing perceptions, improving relationships, connecting people, managing change, leadership, innovation, and team dynamics.

Amanda believes success in business is always about feelings – the the way we feel about a product, organization or person influences how we behave and informs our decisions about how we spend or who we conduct business with. Until we change our perceptions, we won't change our behaviour. Amanda's presentations changes perceptions... And feelings.

Author of five books and several video and audio training programs, Amanda is also the CEO of the JOY Project and has a bachelor's degree in physiotherapy, a major in psychology, and expertise in ergonomics, stress management, group dynamics, neurolinguistics, neuroscience, and occupational health.

### **OR IF YOU PREFER THIS ONE!**

For more than 25 years, Amanda Gore has been one of America's and Australia's most admired experience creating speakers. She uses the principles of emotional intelligence to transform the spirit of people and cultures by changing perceptions, improving relationships, connecting people, managing change, leadership, innovation, and team dynamics.

Author of five books and several video and audio training programs, Amanda has a bachelor's degree in physiotherapy, a major in psychology, and expertise in ergonomics, stress management, group dynamics, neurolinguistics, neuroscience, and occupational health.

Amanda explores the mind-body connection to inspire people to lead, work and live more effectively through emotional and social intelligence, better relationships and connections, enthusiasm, great attitudes, less stress, and more joy!

She takes you through perspective-changing presentations on managing change, effective leadership, innovation, and high performing team dynamics.

Amanda Gore maintains that most of us know what we want to do - we just don't do it! To stimulate us into action she offers specific strategies to motivate us to approach our lives in new and creative ways. A powerful keynote and workshop presenter, Amanda became one of Australia's most popular motivational speakers before moving to the United States in 2000. Her techniques for improving

professional and personal lives are mind-blowing, yet simple, effective and easy to apply.

She explores the mind-body connection to inspire people to lead, work and live more effectively through emotional and social intelligence, better relationships and connections, enthusiasm, great attitudes, less stress, and *more joy*.

*“Peter and Kelly attended a showcase with Amanda Gore and can attest to her highly entertaining, yet professional and informative presentation.... and a warning to everyone, Amanda keeps you laughing until your sides hurt! “ Client*

**OR...**

A bit about Amanda Gore

Amanda Gore is called a ‘people whisperer’. She is a communications and performance expert, who for 25 years has been helping people achieve results by re-connecting them to what really drives perception, attitudes, behaviour, engagement, joy and positive outcomes in business and life.

Her expertise in transforming the spirit of people and cultures creates changes in perceptions; improves relationships and leadership; connects and engages people; and reframes the value of change.

With decades of experience speaking in over 20 countries to a wide range of corporations, groups and associations, combined with constant research in scientific discovery, Amanda will entertain, change perceptions, behaviours and attitudes, and move you to action.

She teaches people how to bring out the best in themselves and others, and how to keep a positive spirit, no matter what the circumstances.

Author of five books and several DVD and audio training programs, she has a bachelor’s degree in physiotherapy, a major in psychology, and expertise in ergonomics, group dynamics, stress management, neurolinguistics, and emotional intelligence.

**OR...**

Amanda Gore is the CEO of The Joy Project and one of Australia's and America's most popular 'experience creating' speakers. She blends the principles of ancient wisdom with new research in modern science to wake people up to what really matters - in life and at work.

Involving the audience in an entertaining way that gets them all connected, she shares strategies, techniques and skills that allow people to adapt to change, transform their attitudes, eradicate fear, and improve relationships, communication, leadership, sales and customer service. The most important thing in life is how you feel about yourself - because that affects every other aspect of your life - especially your performance. The ability to make others feel good about themselves is rarely taught, yet critical for success in any field. People are 80% emotional and 20% rational - they will never forget how you made them feel! Amanda teaches people how to operate at that feeling level!

Her latest venture is The Joy Project. Her mission is to create a global joy movement where people learn to rediscover their joy, using the principles in her book JOY IS AN INSIDE JOB.

## **INFORMATION FOR MEETING PLANNERS**

A communications and performance expert, Amanda uses the science of the heart, and the principles of emotional intelligence and neuroscience, to help business leaders achieve the results they need by getting people engaged in, enthusiastic about and aligned with corporate goals and vision. She is a catalyst for change. For too long business has been paralyzed by its over analysis of data. Amanda will help you re-connect to the energy and emotional layers that really drive performance, innovation, engagement and creativity in your business and life.

Through extremely energizing presentations, enhanced by decades of scientific discovery and personal experience, Amanda will entertain, facilitate changes behaviour and move your audience to action.

Her programs intensify the impact of your conference, whether by kick starting it with laughter and connecting people by breaking down barriers, or sending your attendees off on an emotional and inspired high. She carefully orchestrates each presentation to ensure it links into your key business drivers, maximizing return on investment.

With Amanda's skills in group dynamics, relevant content and humor, attendees remember her material for years. People often comment to her "we saw you speak 15 years ago" and then quote what they learned and what they have done differently since then! Two girls told her that their mothers had seen her speak 10 years ago and had taught them what they learned!

"Business is always about feelings. The way we feel about something or someone determines how we behave. Our perceptions determine our feelings. Until we change our perceptions, we can't change the way we think or behave. With the right environment, we can change our perceptions in a heartbeat - right here, right now!"