



Anna Glynn

KEYNOTE SPEAKER

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# ABOUT ANNA



## Engaging | Inspiring | Impactful

Anna is the go-to expert on sustainable high-performance, impactful leadership, and thriving cultures. With a unique blend of real-world experience, cutting-edge research and practical, results-driven strategies, she helps audiences perform under pressure and succeed long-term.

Unlike traditional approaches focused on short-term wins, Anna equips people with what's needed to navigate challenges and sustain success. She is passionate about these topics, regularly blogging and writing about them - including in her book.

### What sets Anna apart?

- 15 years' in business working across industries including property, banking and financial services, media, hospitality, legal, health, education, and more.
- A decade in financial services, including leading national sales teams.
- Academic credentials including a Masters in Applied Positive Psychology (First Class Honours), Graduate Certificate in Positive Psychology (First Class Honours) and a Bachelor of Arts/Commerce.

Organising events is tough - Anna is easy-to-work-with, and is invested in making your event a success. She provides all the supporting materials, promotional content, and audience engagement strategies to ensure a seamless experience.

# INSPIRE ACTION, ENGAGE AUDIENCES WITH HIGH-IMPACT KEYNOTES

The world has changed – we are facing rising expectations, AI-driven disruption, and increasing pressure. The old ways no longer work. Those that thrive don't just push harder – they build resilience, confidence and a strong mindset to sustain their results.

Anna delivers transformative Keynotes that challenge audiences to think differently, take action and achieve long-term success.

## What makes Anna's Keynotes different?

- **Engaging & Thought-Provoking**  
Storytelling, humour, and research-backed insights that resonate across industries.
- **Science-Backed & Practical**  
Every strategy is grounded in Positive Psychology, performance science, and real-world leadership with actionable strategies that drive results.
- **Results That Stick**  
Audiences leave energised, equipped, and ready to act - with tools to use long after the event ends.



## Tailored for Your Audience

Anna takes the time to understand your event, your audience, and your goals, ensuring each Keynote is highly relevant and impactful. She works with event organisers to create a seamless, engaging experience that leaves a lasting impression.

Anna speaks at leadership and team offsites, sales kick-offs and summits, corporate conferences and industry events, delivering high-energy, impactful, insightful Keynotes.

# KEYNOTE TOPICS

**THE HUMAN  
EDGE**



**BECOMING  
STRONGER**



**THE MINDSET  
FOR SUCCESS**



**RESILIENCE  
REDEFINED**



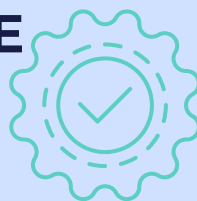
**THE STRENGTHS  
SHIFT**



**WAYS TO  
WELLBEING**



**THE TALENT  
ADVANTAGE**





## THE HUMAN EDGE

### *Why being Human is your Competitive Advantage*

AI has transformed the way we work, but your biggest competitive advantage isn't technology - it's You. The most successful professionals won't just adopt AI, they'll amplify their impact by focusing on what makes them uniquely human. This Keynote explores what it takes to thrive in an AI-enhanced world.

#### **KEY TAKE-AWAYS:**

- Learn why mindset - not technology - is the first barrier to AI progress, and how to shift it.
- Explore how human strengths outperform AI in the areas that matter most.
- Discover how to use AI to free up time for more meaningful, energising and high-impact work.

## BECOMING STRONGER

### *The Foundations of Sustainable High-Performance*

Our work has never been more demanding - AI is changing the game, expectations are rising, and the pressure to perform has never been higher. The best leaders and teams don't just work harder, they're not just better - they're stronger.

#### **KEY TAKE-AWAYS:**

- Master the three foundations of sustainable success - mindset, toolset, and skillset.
- Identify what's limiting results and develop strategies to close the gap.
- Learn how to stay strong, focused, and energised in high-pressure environments.



# THE MINDSET FOR SUCCESS

## *Shift your Thinking, Elevate your Results*

Mindset is everything. How we think impacts how we lead, perform and handle challenges. This Keynote helps professionals develop a resilient, growth-oriented mindset that turns setbacks into opportunities and keeps motivation high - even under pressure.

### **KEY TAKE-AWAYS:**

- Learn how to thrive in uncertainty and stay ahead of the competition.
- Develop strategies to flip challenges into opportunities.
- Discover how to sustain optimism, motivation, and momentum under pressure.

## RESILIENCE REDEFINED

## *Grow Stronger in the Face of Challenges*

Knockbacks and setbacks are part of life. But top performers don't just bounce back - they grow forward. In this Keynote, practical strategies are shared to handle pressure, adapt to setbacks, and build resilience that fuels long-term success.

### **KEY TAKE-AWAYS:**

- Build the mental toughness needed to navigate setbacks and challenges.
- Develop strategies to stay focused and in control under pressure.
- Strengthen team resilience to create long-lasting positive change.





# THE STRENGTHS SHIFT

## *Unlock your Performance Edge*

The best professionals don't try to be everything to everyone - they double down on what they do best. This Keynote explores how leveraging strengths can increase engagement, confidence, and performance, ensuring you outperform the average and the competition.

### **KEY TAKE-AWAYS:**

- Understand how playing to strengths fuels high-performance and results.
- Shift your focus from fixing weaknesses to amplifying strengths.
- Learn how to adopt a strengths-based approach and drive motivation, engagement, and success.



## WAYS TO WELLBEING

### *Avoid Burnout, Sustain High-Performance*

Pushing harder isn't the answer. Sustainable performance requires wellbeing, resilience, energy management and smart recovery strategies. This Keynote explores the six essential elements to feel good and function well, that drive success without exhaustion.

#### **KEY TAKE-AWAYS:**

- Bust the myths about wellbeing in high-performance environments.
- Discover how the six elements of wellbeing drive sustained success.
- Learn strategies to manage stress, stay motivated, and prevent burnout.

## THE TALENT ADVANTAGE

### *Attract, Engage, and Retain Top Talent*

Top talent isn't looking for just another job - they're looking for a culture that fuels their success. This Keynote explores how leaders can attract, retain and engage high-performers by creating an environment where the best people want to work - and stay.

#### **KEY TAKE-AWAYS:**

- Learn how to build a culture that attracts and retains top talent.
- Create an environment where people feel valued, fulfilled and motivated.
- Master the art of building trust and a sense of belonging within your team.





# WORKSHOP OPTIONS

## Workshops that Drive Real, Lasting Change

Each Keynote can be followed by an interactive Workshop, where audiences apply the insights in real time. Workshops include hands-on exercises, group discussions, action planning and practical takeaways.

These high-impact, interactive sessions are designed to embed real behaviour change. Participants walk away with practical, evidence-based strategies they can apply immediately - ensuring the learning translates into results.



## Why These Workshops?

- **Evidence-Backed**

Grounded in Positive Psychology, leadership science, and high-performance research for maximum impact

- **Immediately Actionable**

Participants leave with practical strategies that are busy-proof and easy to action.

- **Highly Engaging & Interactive**

Real-world challenges, case studies, exercises and action planning to drive deep learning.

- **Custom-Tailored for Your Team**

Adapted to your audience, challenges, and goals to maximise effectiveness

Sessions range from 90-minute intensives to half-day deep dives.

# BOOKING INFORMATION

1

## **Check Availability**

Contact Anna's support team ([support@annaglynn.com.au](mailto:support@annaglynn.com.au)) to check date availability.

2

## **Confirm & Secure your Date**

Once the proposal is approved, we'll lock in the date, issue a Letter of Engagement, and arrange for the deposit payment. You will also receive all supporting materials including a teaser video for your delegates.

3

## **Pre-Event Process**

A detailed briefing call will ensure alignment on content and logistics. We manage all travel arrangements, saving you time and effort. One week before the event, Anna will check-in to answer any final questions.

4

## **Event Day**

Anna will arrive early for an AV check and connect with you, the MC, and the Events Team. She will engage with your audience throughout the day, ensuring a stronger connection before and after taking the stage.

5

## **Post-Event Debrief & Resources**

After the event, we'll conduct a debrief to gather insights and feedback. Anna will also provide further resources for your delegates to reinforce and extend the learning.

# TESTIMONIALS

*Wade James*

Group Director, oOh! Media

“Feedback from attendees was overwhelmingly positive, both in the way that Anna delivered the sessions through her facilitation, as well as the content covered. A truly engaging experience for our team, and we look forward to working with Anna again in the future.”

*Tom Hayes*

Senior Director, CBRE

“Our team still talks about the positive influence Anna had on us. I know the team still use her strategies every day, which have been critical during these uncertain times. I would be pleased to recommend Anna to any business who have team culture and performance at the forefront.”

*Lydia Sheridan*

Head of Marketing, JLL

“Anna took the time to understand the needs of the team beforehand, and tailored her talk accordingly. I especially appreciated her research around thriving teams. Her talk set us up for a productive and insightful day.”

# EXPERIENCE

Anna has partnered with the following global clients (and more):





# AS SEEN IN

Anna has been featured in leading business and leadership publications:

**Forbes**

**Inside®etail**

**CEC** MAGAZINE  
INSPIRING THE BUSINESS WORLD

**FMCG**  
BUSINESS

**bsale**

**IDM**  
INTERNATIONAL INSTITUTE  
OF DIRECTORS & MANAGERS

**HR**  
LEADER

**Dynamic Business**

**retailbiz**

**CEOWORLD Magazine**

**MPA**  
MORTGAGE PROFESSIONAL AUSTRALIA

Kochie's  
**BUSINESS  
BUILDERS**

# STRONG

*How the best sales leaders engage, achieve and thrive*

## Fresh Perspectives for Success

STRONG delves into the foundations of effective sales leadership through the lens of research and Positive Psychology.

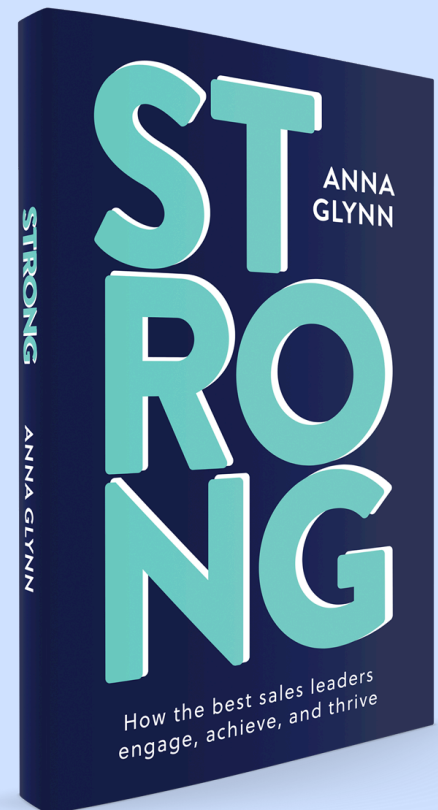
Distilling evidence-based lessons, woven with stories, examples, and actionable insights, STRONG offers a fresh perspective on sales leadership that is valuable to experienced or new sales leaders.

By applying these principles, sales leaders will amplify their impact, achieve greater results and thrive!

This book is for those looking for a fresh perspective to:

- Attract and retain the best sales talent.
- Handle pressure and challenging environments.
- Achieve long-term sustainable performance.

**This book is available to offer to your delegates at your event.**



As featured in **Forbes**

**“STRONG breaks the code on how to drive success in sales. For sales leaders looking for tips on how to thrive in a tough marketplace, this is a must-have resource.”**

- DR. RODGER DEAN DUNCAN  
FORBES CONTRIBUTOR AND  
BESTSELLING AUTHOR



# Let's Chat

Anna would love to talk about creating an amazing session for your organisation, client or team.

You can also head to [annaglynn.com.au](https://annaglynn.com.au) to see testimonial videos, over 100 blogs, the latest research insights and a host of resources to help make your event a success!



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