



Anna Glynn

KEYNOTES ON AI, LEADERSHIP &
SUSTAINABLE HIGH PERFORMANCE

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PERFORMANCE HAS ENTERED A NEW ERA

Performance is getting harder to sustain.

Leadership is becoming more complex.

And AI is changing how value is created.

The organisations that will lead in this next era won't be the ones working harder. They'll be the ones who upgrade how their people think, lead, and perform.

Through Keynotes on AI, leadership and sustainable high performance, Anna helps leaders and teams navigate change, strengthen human capability and create high performance that lasts - without increasing pressure, burnout or dependency on outcomes.

Across organisations navigating growth, change, and AI adoption, one pattern is clear: performance doesn't improve by doing more, it improves by upgrading how people contribute.

Audiences leave Anna's talks with practical frameworks, actionable strategies, and a fresh perspective on what it takes to succeed in a world that keeps changing.

This isn't just an era to keep up, it's an era to elevate.



BUILD CAPABILITY THAT DRIVES PERFORMANCE

Performance doesn't improve by doing more. It improves by strengthening the capabilities that sit underneath it. In complex, high-demand environments, the difference isn't effort, it's how people think, lead and perform.

Anna's Keynotes help leaders and teams build the capabilities required to navigate change, make better decisions, adapt more effectively and sustain performance when expectations are high and conditions are uncertain.

After Keynotes, teams are better equipped to:

- Make higher-quality decisions in complex environments
- Lead with greater clarity, confidence and adaptability
- Strengthen human capability alongside emerging technology
- Sustain performance without increasing pressure or burnout.

At the centre of Anna's work is a practical capability architecture built on three core levers: Mindset, Skillset and Toolset.

Underpinned by the *STRONGER Framework* and years of leadership experience, her keynotes translate evidence-based research into practical actions that improve performance long after the event.

This is performance by design.



ABOUT ANNA

Anna Glynn helps leaders and teams perform, lead and create value in a world that keeps changing.

Drawing on more than 15 years of leadership experience, a Master's in Applied Positive Psychology, and extensive work with organisations navigating growth, transformation and AI adoption, Anna combines evidence-based research with real-world commercial insight to help people thrive in increasingly complex environments.

Through practical frameworks and actionable strategies, Anna helps organisations strengthen human capability, develop stronger leaders and create performance that lasts. She is the author of STRONG and creator of the STRONGER Framework, with clients spanning finance, property, legal, education, healthcare and professional services.

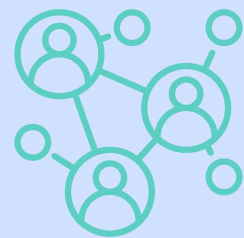


Why Organisations Choose Anna

- Performance, not just perspective - clear frameworks, practical tools and actionable strategies to apply immediately
- Built for real world pressure - helping people maintain clarity, adaptability and effectiveness when pressure is high and conditions are uncertain
- Relevant to your business - tailored to your priorities, challenges, and objectives
- Designed for lasting change - people leave with ideas, language and behaviours they can continue applying long after the Keynote ends.

KEYNOTE TOPICS

**THE HUMAN
EDGE**



**BEYOND THE
OUTCOME**



**LEADING
STRONGER**



THE HUMAN EDGE

How High-Performing Teams Stay Valuable in an AI-Enhanced World

AI is rapidly increasing output but it's also exposing where teams aren't creating value.

The organisations that will lead in this next era won't be the ones using AI the most. They'll be the ones who upgrade how their people think, decide, and contribute. Most teams are accelerating execution. Very few are upgrading capability, and that gap is where performance is won.

At the centre of this Keynote is The Human Edge Framework, a practical model built on Mindset, Skillset, Toolset that helps identify where human capability creates real value.

Across teams navigating AI adoption, one pattern is consistent: the biggest gains don't come from the technology itself but from how people use it.

Key take-aways:

- Identify where people create value AI cannot and where effort is being wasted
- Upgrade decision-making, thinking, and contribution, not just output
- Reallocate time and energy toward higher-impact, more commercially valuable work.

Ideal for: Organisations navigating AI transformation or looking to unlock greater value, capability and performance in an AI-enhanced world.



BEYOND THE OUTCOME

Why High Performers Become Dependent on Success

Many high-performing teams aren't driven by success anymore - they're dependant on it. As pressure rises and expectations continue to grow, organisations often respond by doubling down on outcomes. More targets. More accountability. More urgency. And for a while, it works.

But over time, confidence becomes tied to results, motivation fluctuates with performance, and identity becomes attached to achievement. Success starts feeling more like relief than fulfilment.

This Keynote reveals why many successful people become trapped in a cycle where performance drives confidence and every result carries more emotional weight than it should. Audiences learn how to build sustainable performance by pursuing ambitious goals without tying confidence, identity and wellbeing to every outcome.

Key take-aways:

- Why high performers become dependent on success and the hidden cost of outcome-driven confidence
- Practical strategies for building sustainable performance through uncertainty, pressure and change
- A framework for pursuing ambitious goals without tying identity, confidence and wellbeing to outcomes.

Ideal for: High-performing teams navigating pressure, change, growth or uncertainty.



LEADING STRONGER

The New Leadership Playbook for Pressure, Change & Performance

Today's leaders are being asked to deliver more than ever: more performance, more change, more engagement, and more adaptability.

But many are still leading with a playbook built for a different world.

In today's organisations, leaders are often stuck in the middle - balancing rising expectations from above while supporting the needs, wellbeing and performance of the people around them. They are expected to drive results, navigate uncertainty, embrace new technology, maintain engagement and lead through constant change, often while carrying more pressure than ever themselves.

This Keynote explores why the old leadership playbook no longer works and what leaders must do differently to create clarity, build trust and sustain performance in a constantly changing environment.

Key take-aways:

- How to move from reactive to intentional leadership under pressure
- The new skills leaders need to engage, motivate and support today's workforce
- How to build learning cultures where trust, psychological safety and performance grow together.

Ideal for: Leaders, managers and organisations navigating pressure, change or complexity.



EXTEND THE IMPACT

A great Keynote creates momentum. Lasting change happens when people apply the ideas.

For organisations looking to go further, Keynotes can be extended into interactive workshops where teams apply the ideas directly to their own challenges, opportunities and goals.

This is where insight becomes action.

Teams work through practical exercises that help translate the frameworks into everyday decisions, behaviours and ways of working - ensuring the learning doesn't end when the keynote does.

The Result:

- Stronger adoption of key concepts
- Greater alignment and accountability across teams
- Practical actions that improve performance long after the event.

Workshops can be delivered as focused 90-minute sessions or half-day deep experiences, depending on the depth of application required.



BOOKING INFORMATION

1

Check Availability

Contact Anna's practice manager (support@annaglynn.com.au) to check date availability and book a discovery call.

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, and can request 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

Amber Johnson

General Manager, MYOB

"Anna's keynote challenged thinking, left our teams feeling informed and confident, and people were still referencing the practical takeaways weeks after the session ended. She set the tone perfectly for the rest of our event."

Harley Jones

Group Sales Leader, oOh! Media

"Three years ago, Anna spoke to our team and what she said has stuck with us ever since. Having her back to deliver her new keynote, the conversation again continued long after it ended. That's the kind of thinking that sticks."

Monash University

Conference Organising Committee

"Anna took the time to really understand our faculty and our people, and delivered her Keynote with both warmth and knowledge. We received a stream of positive feedback on the value that this session delivered to our teams, and how inspired and connected they felt."

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

InsideRetail

CEO 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 sustainable high performance in demanding environments.

Distilling behavioural science into practical application, STRONG equips leaders responsible for growth and performance to:

- Attract and retain high performing talent
- Navigate pressure and challenging environments with confidence
- Sustain results without burnout, toxicity or inconsistency
- Strengthen team culture.

Bulk copies can be provided to your delegates.



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

AI is changing how value is created. Leadership is becoming more complex. And performance is getting harder to sustain.

If your organisation is looking to strengthen human capability, develop stronger leaders or create sustainable high performance, let's start a conversation.

For keynote videos, client results and additional resources, visit annaglynn.com.au.



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