

Justin
COULSON

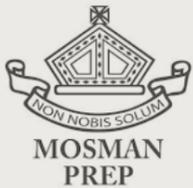


CREATING POSITIVE WORKPLACES
SPEAKING TOOLKIT // 2022

BRANDS WE'VE WORKED WITH



SYDNEY GRAMMAR SCHOOL



PRAISE FOR DR JUSTIN

Justin's topics hit the mark and resonated with the audience. It was a perfect opening to our 3 days together and further lifted the energy in the room amongst our colleagues.

 **KATE SORENSEN**
IHG

Justin is an extremely engaging presenter. His exceptional service and his friendly personality makes him a pleasure to work with.

 **MELISSA GAMBINO**
ANZ

Dr Justin Coulson is a highly motivating and engaging presenter. The session was so valuable and I would highly recommend it to others. I can see how the skills that I learnt in the session will not only help in the workplace but in my personal life as well.

 **RENAY LEE**
ENDEAVOUR ENERGY

Dr Justin Coulson shared with us some simple, practical and evidence-based tools our employees can use to connect with and guide their mind and thoughts – to create mental calm and to regain balance and energy amidst the busyness of our day to day worlds.

 **TRISH BRIGGS**
IOOF

Our team of Counsellors who deliver our mentoring programs in high schools are always enlightened and engaged with Justin's presentations. He has spoken at our last two team conferences, and he is always the highlight of our agenda. Justin's content is honest, current and practical. His manner is warm and our team always love hearing from him.

 **VICKI CONDON AM**
FOUNDER AND CEO
RAISE FOUNDATION



NPS SCORE

100% of past clients have rated
Dr Justin's presentations as
very good or excellent with an
average rating of **9.9/10**

NPS stands for Net Promoter Score which is a metric used in customer experience programs. NPS measures the loyalty of customers to a company. NPS scores are measured with a single question survey and reported with a number.



About Justin

Justin is the co-host and parenting expert on Channel 9's *Parental Guidance*, the founder of happyfamilies.com.au, and one of Australia's most trusted parenting experts. Over the past decade he has helped innumerable families with his 6 books about raising children, his hundreds of media appearances (including all of Australia's major news outlets, and even the Washington Post and the New York Times), and two viral videos that have been viewed a combined 80 million times! Justin earned his PhD in Psychology from the University of Wollongong. He and his wife Kylie have been married since the late 1990s and are the parents of 6 daughters.



PLAY SPEAKER'S REEL

Keynotes

HAPPIER

*Wellbeing solutions for greater focus
and fulfilment at work*

HIGH PERFORMANCE HABITS

*How to set up systems to achieve
the extraordinary*

EMOTIONAL INTELLIGENCE

*Why being smart isn't enough for productivity,
success and fulfilment at work*

ATTITUDE IS EVERYTHING

THE SECRET TO CALM KIDS AND A HAPPY HOME

*If you and your organisation are keen to further support your staff
members who are parents, Justin has some great parenting topics
which may be of interest. Click [here](#) to find out more.*



FORMAT

All presentations can be delivered in the following formats:

- as a keynote address
(from 20 to 120 minutes)
- as a half-day facilitated workshop/
training session
- as a full-day facilitated workshop/
training session

AUDIENCE

All presentations can be delivered to a general audience, or it can be specifically tailored to middle-management groups, or executive teams.



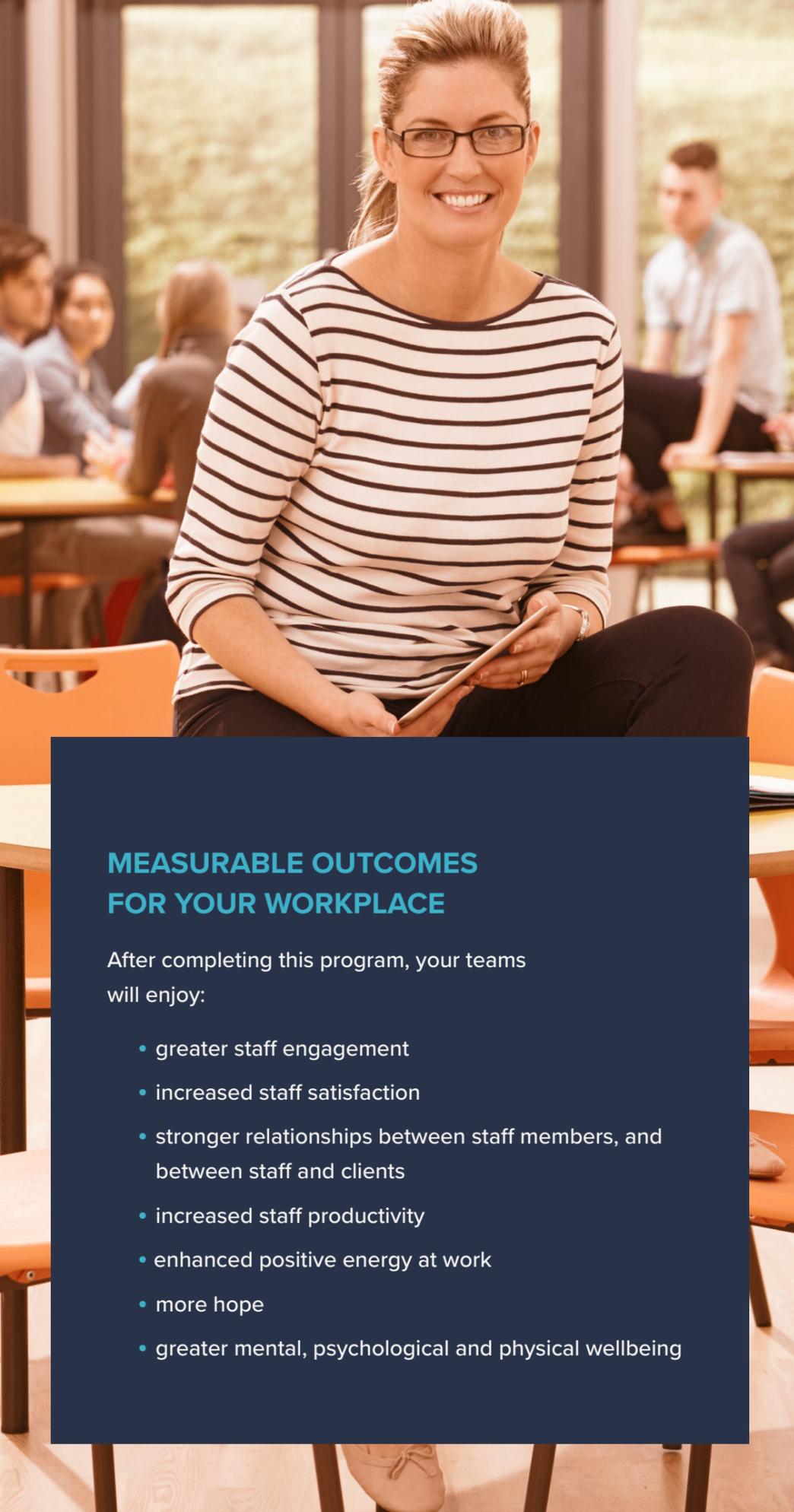
THE IMPORTANCE OF PARENTS' WELLBEING AT WORK

Most businesses are now well aware of the research around the importance of wellbeing at work for productivity, team cohesion, work satisfaction, purpose, and bottom-line results. Organisations which find ways to support staff should anticipate better outcomes across all measures.

What some organisations are now realising (in large part due to the COVID-19 pandemic) is the association between parenting and reduced wellbeing (relative to non-parents). Simply put, parents have it tougher than non-parents when it comes to wellbeing and the research has confirmed this for several decades.

The good news is that research also confirms that those businesses which offer more generous family policies experience smaller disparities in happiness between parents and non-parents. Moreover, the policies that augment parental happiness do not reduce the happiness of non-parents.

If you and your organisation are keen to further support your staff members who are parents, Justin has some great parenting topics which may be of interest. Click [here](#) to find out more.



MEASURABLE OUTCOMES FOR YOUR WORKPLACE

After completing this program, your teams will enjoy:

- greater staff engagement
- increased staff satisfaction
- stronger relationships between staff members, and between staff and clients
- increased staff productivity
- enhanced positive energy at work
- more hope
- greater mental, psychological and physical wellbeing

HAPPIER

Wellbeing solutions for greater focus and fulfilment at work

The importance of wellbeing in the workplace is no longer in question. Anxiety and depression continue to rise. Suicide remains too high on "cause of death" for our society - particularly for men. Yet we have volumes of research showing simple and powerful ways to increase the wellbeing of our teams, and to boost the positivity in our culture.

Hundreds of studies emphasise that staff need to be psychologically well to be productive and thrive. Hundreds more reports reveal the growing incidence and potentially life shattering impact of mental health issues. The question now is "how?":

- How do we create an environment in which our staff can flourish?
- How do we take concepts such as "resilience" and "positive psychology" beyond theory and fad to help our staff thrive at work?
- How do we find out what's actually working in real workplaces so we're not rehashing tired old programs that don't work anymore?

And just as important,

- How do we inspire and engage staff who are tired of "the next big thing" in workplace programs like "sleep pods" and "ping pong tournaments"? Too often staff start with tremendous enthusiasm, but so many "hope" programs, (where "we hope this works") can leave them jaded and cynical.

This wellbeing package is designed to address all these issues, and lift your team's positivity to the next level. It provides powerful, immediately applicable strategies that are empirically proven and make an immediate difference.



HIGH PERFORMANCE HABITS

How to set up systems to achieve the extraordinary

Do you find that staff often say they'll do something, but struggle to do what they say they'll do?

Are your staff's workplace habits too often unproductive?

Are your team's goals clear, but the systems and habits they need to achieve those goals a little foggy?

High Performance Habits is a deeply interactive presentation created to guide your staff to design the systems they need to follow through, get stuff done, increase productivity and perform at a high level.

For too long, we've focused on goals and then told people to get to work. We've attempted to motivate them (or relied on them to motivate themselves), when the systems - or lack thereof - actively work against them.

After working with Dr Justin Coulson, your team will be clear on what needs to be done, how they're going to do it, and who they'll be accountable to.

KEY OUTCOMES

- Systems that support personal and professional habits that lead to fulfilled goals, for the individual and the team
- A clear understanding of how to structure the environment to make behaviours that lead to success the most likely behaviours your team will choose
- An accountability system that ensures your team members will be positive about reporting their results proactively



EMOTIONAL INTELLIGENCE

Why being smart isn't enough for productivity, success and fulfilment at work

Emotions matter more than we realise. They impact motivation and productivity, creativity, decision-making, relationships and the performance appraisals we give. They even affect integrity and character.

Yet emotions are often misunderstood, especially at work. When emotions surface with colleagues - and even clients - they are all-too-often ignored, or worse, shut down.

Research shows that raising our EQ - our emotional intelligence - can have an instant impact on relationships, behaviours, achievement, results and wellbeing, far beyond anything related to IQ. It can also transform staff engagement and productivity – an ongoing and draining issue for every manager.

THIS PRESENTATION SHARES

- The four key aspects of emotional intelligence, with plenty of time to practice the formula
- How to respond to bullies and uncooperative staff or clients with emotional intelligence in ways that actually shifts rigid thinking and personalities, and
- How to manage others without resorting to yelling, threats, and bribes.

Give your staff emotionally intelligent strategies for getting the best from themselves and those around them.



ATTITUDE IS EVERYTHING

Have you ever been to a major event and had front row seats? A sports event, the theatre, a rock concert... maybe your child's school awards assembly! If you have, you know the difference between the front row experience - where everything is magnified and so personal - and the back row experience, where you can barely see what's going on.

In life, there are front row people. They maximise the moment. They "show up" when they show up. They're invested, and they're positive energisers. Front row people are the ones you want to have on your team. And in life there are also... the back row people. They're the ones who mumble and murmur about the moment. They might be there in body, but they're not there in their hearts. They're less likely to be invested, and they tend to be energy vampires. Back row people deplete the team you're trying to inspire.

And the difference? It's ATTITUDE. Attitude is EVERYTHING. And attitude is a habit.

Join Dr Justin Coulson as he unpacks the attitude habits of the most excellent team players and leaders in the workplace. Discover how they inspire, uplift, elevate, and give life to the teams and organisations around them. Learn the 6 critical elements of positive energisers, and how attitudes compound into results - for better or worse - in individual lives, families and workplaces.

A bad attitude is like a flat tyre on a car. You can't go anywhere unless you change it. This presentation gives your staff the knowledge they need to get moving in the right direction.



THE SECRET TO CALM KIDS AND A HAPPY HOME

What do you do when your child is losing the plot?

On a recent coaching call with a desperate mum, her four-year-old crashed into the room and started screaming. She was upset about EVERYthing.

I listened as Mum tried her best to calm her little one, but things only got worse. I asked the mum to repeat a couple of sentences after me. I spoke. She repeated. Within 20 seconds her four-year-old was sitting happily on her lap, colouring in while that mum and I continued our conversation. Within two minutes the little one was outside playing with her big sister.

It's not magic. I can show you how. No yelling, no threats, no bribes. Just calm, confident parenting, and a happy home.

If you and your organisation are keen to further support your staff members who are parents, Justin has some great parenting topics which may be of interest. Click [here](#) to find out more.

We get so focused on "achievement" and "success" and other bright, sparkly opportunities that we sometimes forget that the children we raise (or work with) have remarkable hearts and extraordinary potential.

My goal is for parents, teachers, and those who work with children to see them for the precious humans they are; to connect with them in meaningful ways; and to guide those children to become strong, caring, whole adults.

DR JUSTIN COULSON, PHD

Thank you for taking the time to consider Dr Justin Coulson. For more information or to book dates, please contact:

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📷 @DrJustinCoulson

