

Sarah Adamson

Director at The Happiness Experts

South Australia, Australia, SA, AU

Director of The Happiness Experts

Biography

A presenter of seminars and workshops for over 12 years, one of Australia's leading Mindset specialists Practitioner in Neuro Linguistic Programming, positive psychology and creating the best life for your ultimate reality. Sarah presents seminars to businesses and organisations wishing to create happiness in the workplace through empowering leaders to value their people first, employee engagement and wellness seminars. Sarah is articulate, confident, humorous and easy to relate to - a must for all your conference roles as keynote speaker or MC.

Availability

Keynote, Panelist, Workshop, Host/MC, Corporate Training

Industry Expertise

Professional Training and Coaching, Corporate Training, Corporate Leadership

Areas of Expertise

Coaching, Leadership Development, Personal Development

Affiliations

Regional Development Australia, Committee Member, Port Lincoln Chamber of Commerce, Certified with Australian Board of NLP, Whyalla and Eyre Peninsula Board Member

Sample Talks

the 5 keys to achievable outcomes

How to create the outcomes you desire by following a proven system to achieve your goals.

Event Appearances

Coaching and Mentoring for trainers

How to be an engaging and passionate trainer

Education

The Coaching Institute

Life Coaching Life Coaching, NLP practitioner, Successful Workshop Presentations, EDISC profiler

Flinders University

Intensive Care Paramedic Intensive Care Paramedic

Flinders University

Health Science - Paramedic Health and emergency services

Flinders University

Applied Science in Developmental Disabilities Disability

The Coaching Institute

Coaching Life Coach, NLP Practitioner, EDISC Consultant and trainer

Accomplishments**Exam Excellence Workshops - Senior Schools across the Eyre Peninsula**

Teaching the key skills of Learning and Spelling Strategies, phobia busting, the value of expanded awareness, SMART goal setting, techniques to an amazing memory

Resilience Seminars

shared the keys to mindset mastery and resilience, topics including cause vs effect, perception is projection, map is not the territory, you get what you focus on, strategies for building rapport, responsibility to a major banking corporation in Australia.

Testimonials**Alex Kenny**

I learned how to deliver content to a group with confidence, and take on feedback as much as possible? A Kenny, Murray Bridge SA

Sandra Baum

Great ideas as to how to speak to peers in difficult situations and how to overcome fears, fear of not being liked and fear of not being enough. Very engaging, inspiring and educational, Thank you!

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