

# **Stacey Copas**

## **Resilience Expert at Stacey Copas**

Sydney Area, Australia, South Australia, AU

Host of Resilience Rocks Sales Podcast ~ Author of How to be Resilient ~ Founder at Academy of Resilience ~ Resilience Keynote Speaker

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## **Biography**

7 times world surfing champion Layne Beachley dubbed me the "Queen of Resilience." David Goggins, arguably the world's toughest man, called me a "badass." Whatever you call me, I am resilient. Left a quadriplegic and needing a wheelchair after a devastating accident when I was 12, I did not let this tragic accident slow me down. Instead, I used my life experience and personal philosophies to work with organisations who want their people to be more engaged, mentally resilient and productive so that they can grow through uncertainty and change. I'm the author of "How to be Resilient" and I've been featured by Financial Review, ABC radio and The Australian, and hired by global organisations such as Viacom, GM Holden and Flight Centre for my insights on resilience in the workplace. My inspirational programs frequently used for: => Sales teams needing the resilience to deal with setbacks and rejections without losing momentum => Leaders who are finding their go-to approaches for motivating and equipping their teams are no longer having the same impact in the age of hybrid workplaces => Organisations or associations looking for an engaging and exciting kick off to a conference, retreat or staff planning day that has your people inspired and open minded for the sessions to come

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## **Availability**

Keynote, Panelist, Workshop, Author Appearance, Corporate Training

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## **Industry Expertise**

Sport - Professional, Corporate Training, Professional Training and Coaching

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## **Areas of Expertise**

Burnout Prevention, Sales, Resilience, Inspiration, Leadership, Stress Coping and Resilience, Mindset

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## **Affiliations**

Women Speakers Association, Leaders Institute of South Australia, Leaders For Tomorrow

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## **Sample Talks**

**How To Leverage Adversity**  
How To Leverage Adversity

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## **Event Appearances**

**How To Be Resilient**  
Living The Dream

**Enabling Environments**  
Disability In Development

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## **Education**

**Trainers Intensive**

**Learning Potential International**  
Certificate IV Training & Assessment Training

**Learning Potential International**  
Certificate IV Training and Assessment Education

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## **Accomplishments**

### **Winner 2011 La Dolce Vita Speaking Competition**

Stacey took out the inaugural event with an emotion charge speech that had the audience captivated and moved them to tears and laughter and left them feeling totally inspired with her story of resilience. The event also featured world reknown speakers Allan Pease, Pat Mesiti, Amanda Gore, Bruce Sullivan and others.

### **Silver Medal**

Silver Medalist at 91st Australian Athletics Championships - Women's Secured Discus

### **Silver Medal**

Silver Medalist QLD State Athletics Championships - Women's Secured Discus

### **Gold Medal - State Champion**

Gold medalist at SA State Athletics Championships - Women's Secured Discus

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