



*'From the minute I met Lucy I knew I'd made a great choice in speaker to close out this major event. Lucy is warm and funny, a magnificent story teller who is also brutally honest. She had the entire room hooked from the minute she took the stage.'* QLD Office of the Chief Entrepreneur

## LEADING WITH KINDNESS

**As a recipient of a Kindness Award and the founding CEO of a holistic women's health charity, Lucy is THE conference speaker when you are ready to implement kindness as a proven business strategy and essential part of psych-safety. Lucy has built a career on the science of kindness.**

Discover how to spread kindness like wildfire in a way that feeds back into your people and your bottom line. This unforgettable speech will have your delegates implementing a daily practice in kindness which will make them happier, healthier and more productive.

In this 45 minute speech is a life-changer, your people will:

1. Understand the neuroscience of kindness and generosity. Why are some people are stingy and others give freely? And how do you wrangle this for good?
2. Discover how and why leading with kindness and inclusivity is contagious and boosts your bottom line
3. Learn how the biological response to fear blocks the happy hormones that make people feel good, undermining psych safety at work
4. Take home a daily practice of kindness to yourself and others which is proven to extend your productivity and your life expectancy