

Speaker's profile

Angela **LOCKWOOD**



Book Angela today

support@angelalockwood.com.au



A dynamic, inspiring and engaging speaker who leaves her audiences with a renewed sense of what can be done, what is important and clarity on where to next.

ABOUT ANGELA

Angela believe's in a couple of things, really passionately. That everyone deserves to have a life they choose and that if we all slow down a little and focus on the important things, we will all be much better off.

For the last 20 years as an Occupational Therapist, Angela has been on a quest to see how we can focus on what is important to us by understanding how we think, how we learn and how we engage with the world around us.

WHAT ANGELA TALKS ABOUT

Angela is a speaker with high energy and has a unique skill in being able to communicate with the audience at a personal level. Angela built her own company at an early age with a focus on ensuring every touch point with the health company was welcoming and clients felt at home. After winning multiple customer care awards she built and sold her family-centred allied health practice going on to author two books "The Power of Conscious Choice" and "Switch Off". She became a sought after speaker and mentor helping professionals find calm in their work and lives in order to bring their best to client centred practice.

Her knowledge, insights and passion for helping bring out the best in people makes her an ideal presenter of content that engages, inspires and informs. She will lead audiences to think about how they support those they work with, how they bring their best to those around them and how they live their life.

With a mix of story, evidence and reflection Angela leaves her audiences with a renewed sense of what can be done, what is important and clarity on where to next.



ANGELA'S KEYNOTE PRESENTATIONS

Speaking Topics:

- The Art of Focus. A Framework for Success.
- Harnessing a Switch Off Mindset.
- Focused Learning for Busy Brains.
- Parenting in the Age of Distraction.
- Cultivating Calm Families.



TESTIMONIALS

“As a manager of people that work in a high intensity, high risk workplace the importance of getting a balance between work life and home life is crucial to their well-being. Maintaining a healthy mental framework is so important to longevity, energy and happiness at home and work. Angela was recommended to me as someone that could not only talk to my team but teach them how to switch off, re energise and move forward in a positive way. In a very short time she left a significant and in some cases life changing impact on our first responders. Her enthusiastic, common sense approach to personal well being left my team wanting more. I highly recommend anyone that has a need to switch off but just can't to seek out Angela . She may just change your life as well.”

Brendon Cullen, Detective Chief Inspector, NSW Police Force



"We have been extremely privileged to have Angela Lockwood present to a number of parents in our school communities. Angela's presentations are always very informative and engaging. The stories and examples Angela shares are relatable and easily applied in family life and her "down to earth" approach is appreciated by parents wanting the best for their children. Angela is dynamic, engaging and inspiring, delivering messages that resonate with all in our parent community. I highly recommend Angela Lockwood

Leanne Robbins, Parent Assembly Cluster Coordinator



BEYOND THE STAGE

Angela likes to connect with your clients both on and off the stage.

Before the event, Angela will work with you to get to know your business and the goals you're trying to achieve and tailor her session to help you to exceed expectations.

Angela will spend time with your group after her session to connect with people individually and answer questions as well as providing additional applicable resources to your delegates to ensure that the presentation lasts much longer than the day.

Angela's goal is to provide both you and your delegates with an experience that is impactful and provides you a massive return on investment.

MORE OF ANGELA AT YOUR EVENT

Ways Angela can add value to your event.

- Panel Expert
- Workshop
- Break Out Facilitation
- Pre-event engagement





AUDIO-VISUAL REQUIREMENTS

In order to ensure that Angela can deliver the best keynote or presentation possible there are some key things that she'll need:

1. Wireless lapel microphone where possible.
2. Angela likes to walk and engage with her audience so a wireless mic will help her to perform at her best.
3. Projector & clicker. Angela will run off her own laptop. If not possible Angela will bring a USB device.
4. If the session is a workshop then a flip chart, pens or a whiteboard.
5. If on a panel discussion then a chair and a glass of water.
6. Water on a speakers table for all types of events.
7. Please let Angela know if the room will be set up in lecture, classroom or cabaret style.

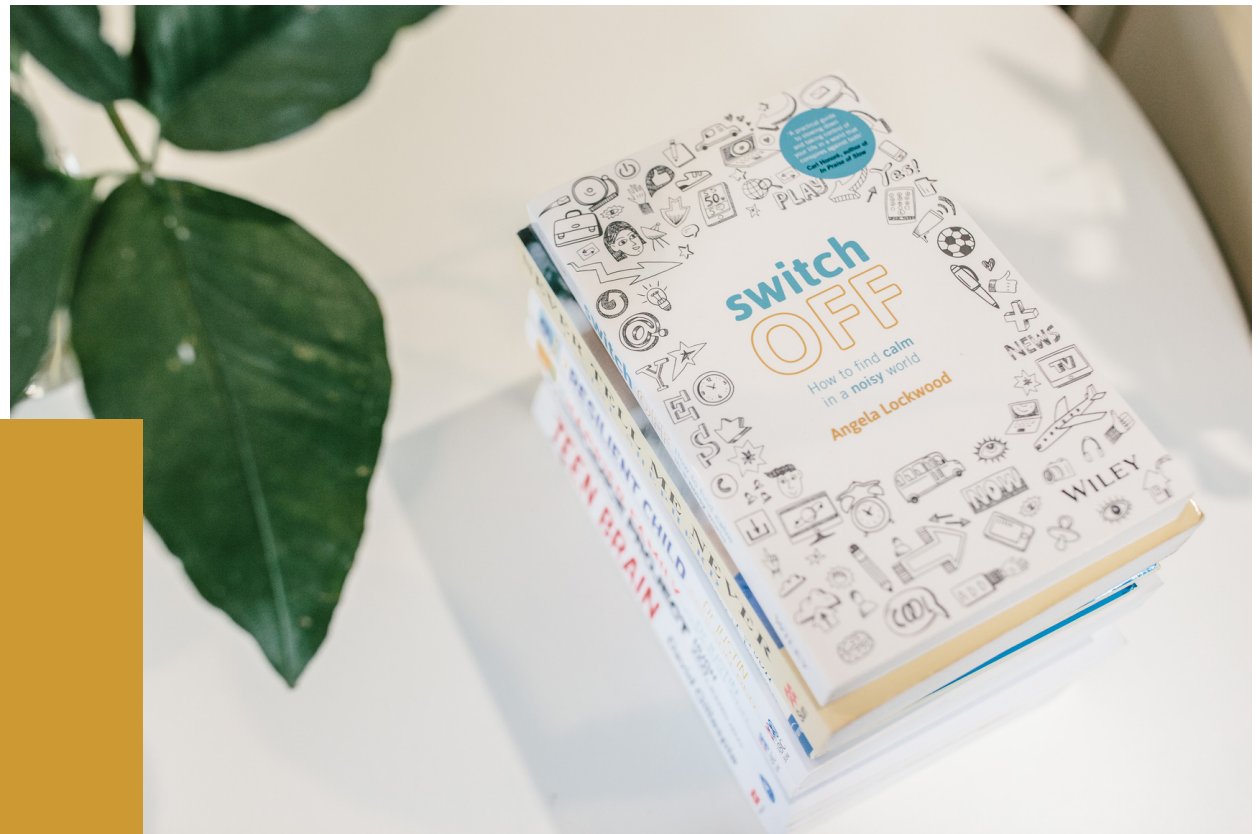
ANGELA'S BOOKS

SWITCH OFF AND FIND CALM

If you would like to add an extra gift for your event delegates, you can add a signed copy of Angela's book, "Switch Off - How to find calm in a noisy world"

THE POWER OF CONSCIOUS CHOICE

If you would like to add an extra gift for your event delegates, you can receive a copy of Angel's book, "The Power of Conscious Choice - How to make better decisions about the things that matter."



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ANGELA HAS BEEN FEATURED IN

THE HUFFINGTON POST
AUSTRALIA

mybody+soul

MamaMia

marie claire

MINDFOOD

THE AUSTRALIAN

LUKE AND SUSIE

CEC
MAGAZINE
INSPIRING THE BUSINESS WORLD

New Idea

Today
EXTRA

Kochie's
BUSINESS
BUILDERS

audible



LOGISTICS & BOOKING INFORMATION

Angela travels from Gold Coast, QLD, Australia.

Check availability

Email support@angelalockwood.com.au to connect and check date availability.

Request a proposal

After a conversation with Angela, you will receive a proposal for your engagement covering speakers fees and travel expenses.

Approval

The date is confirmed, a deposit paid and a contract issued to secure your date.

Before the event

Angela will provide assistance promoting your event through her social media channels. She can also create a 'teaser video' that you can send to your event delegates. We will connect to discuss any finer details and event goals. Angela's team will manage all travel and logistics to save you time and hassle.

After the event

Angela will connect with you for an event debrief and provide you with any applicable resources to provide to your delegates.

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