



“ Best speaker I have ever seen. Adam makes it impossible to NOT walk away with something. LGMA ”



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# ADAM FRASER

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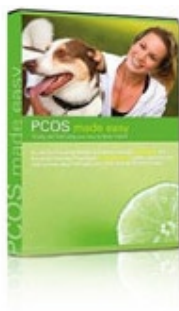
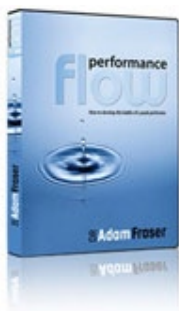
Let's face it, life is getting faster and faster and shows no signs of slowing down. Business is more competitive now than any other time in history! Companies and individuals need to out create, out innovate and out market their competition. The result of this is a workforce that is having serious issues around sustaining their performance. The fall out is that people are losing the ability to focus, be creative and develop clear strategies.

Dr Adam Fraser is one of Australia's leading educators, researchers and thought leaders in the area of human performance. Adam is a regular in the media and has been featured in the Australian Financial Review and Business Review Weekly. He is also a regular presenter on Sunrise and the Today show.

Combining years of work with elite level athletes, the armed forces and business professionals of all levels Dr Adam Fraser has perfected the art of Flow. This philosophy is a real time solution to stress and burn out that doesn't involve having to take time out or adding another task to your already full to do list!

Flow is a high performance state also known as being "In the Zone". At the heart of flow we find the key to getting more done for a longer period of time, whilst reducing stress levels, preventing burnout and keeping our teams engaged. Flow is not a band aid solution but provides a vehicle to enable recovery from poor working habits.

Dr Adam will show your team and organisation how to get into the FLOW!



LOCATED Sydney

**FEE Keynote \$6,000 AUD, Half Day \$7,500 AUD, Full Day \$9,000 AUD**

All fees are exclusive of local taxes