

## **DR ADAM FRASER KEYNOTE INTRODUCTION**

Are you looking for the answer to increasing your productivity, reducing stress, gaining clarity and finding a sense of authentic happiness in your personal and working life?

Do you feel distracted and unable to access your creativity or create a clear strategy to achieve your goals?

Our next speaker, Dr Adam Fraser believes that Flow is the solution.

Dr Adam is one of Australia's leading educators, researchers and thought leaders in the area of human performance! His vast experience in this field includes working with elite level athletes, the armed forces and business professionals who are looking to achieve increased productivity and peak performance.

Get ready to learn how to go with the flow, change the way you think, rehab bad working habits and get 'In the Zone'.

Please Welcome Dr Adam Fraser: