



THE RIPPLE EFFECT OF PERSONAL LEADERSHIP

HOW INNER STATE SHAPES CULTURE, CONNECTION AND CAPACITY

The Ripple Effect of Personal Leadership reveals how the state you bring into a room shapes everything that follows—your communication, your relationships, and the culture around you. Through powerful storytelling, behavioural insight, and practical tools, Jemaine shows why behaviour is patterned, why stress drives reactivity, and how personal leadership is the key to changing it. Through simple, high-impact moments that lift the room in real time, audiences don't just hear the message—they feel it. This keynote empowers individuals to shift from automatic reaction to intentional response—creating stronger connection, greater resilience, and a ripple effect that extends far beyond the moment.

WHAT THEY'LL LEARN

- Practical understanding of how stress and internal state shape perception, communication, and behaviour
- Insight into how self-belief influences confidence, resilience, and response under pressure
- Deeper awareness of how internal state shapes communication, team dynamics, and culture—before a word is even spoken
- Shared language for the day that opens the door to deeper reflection and practical application
- A tools for real moments and a simple framework to navigate difficult conversations, build connection, and create better outcomes in any relationship

WHAT THEY SAY

"An outstanding and energising presentation. Jemaine brought incredible energy, clarity, and authenticity—her message didn't just inform, it was felt. It reinforced that self-awareness is not an "extra," but essential for strong leadership and sustainable performance. A powerful session that will carry forward into action.

**Denham Whitham | General Manager, Operations
Civeo Pty Ltd QLD**

"Just, wow! We had Jemaine present not only the opening keynote but two consecutive workshops at our Teacher Development day and she far exceeded expectations. Staff have not stopped raving about how much they have taken from the sessions."

**Emily Vandenberg | Principle
Willuna Remote Community School**

"Jemaine sets a new bar. She reads the room with empathy and precision, engages everyone from first-time FIFO employees to seasoned operators, and delivers evidence-informed tools that are immediately actionable."

Ali Barfoot | National P&C Manager



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AVAILABLE AS

- Mainstage keynote
- 1-Hour Workshop
- Interactive Workshop
- Combined Package

Standard pre-engagement briefing call to align with company values and priorities.

WHO IS THIS FOR

This keynote is for high-pressure environments where performance matters—but so does the human behind it. It's designed for teams, leaders, and organisations where decision-making, communication, and behaviour directly impact safety, culture, and results. Particularly relevant for frontline workforces, educators, and organisations navigating stress, change, or sustained demand, this work moves beyond surface-level wellbeing to address what's actually driving behaviour.

Because when individuals learn to lead themselves—how they think, respond, and show up under pressure—everything changes: performance improves, relationships strengthen, and culture follows.

WHY JEMAINE?

Jemaine doesn't motivate people to "try harder." She teaches them how to regulate their state, reclaim focus, and lead themselves under pressure — because that's where safety and culture actually begins.

- Bachelor of Health Science with 10+ years in health, behaviour change, and wellbeing
- Former healthcare practitioner specialising in stress, hormones, and burnout.
- 3+ Years spent supporting FIFO crews, frontline workers, supervisors, and leaders across Australia
- Combines neuroscience, behavioural science, positive psychology, HeartMath, and lived experience
- Known for creating psychological safety and engagement across diverse audiences.



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BOOK JEMAINE