

A woman with long brown hair, wearing a white and tan geometric patterned shirt, is smiling broadly and looking towards the camera. She is standing in front of a large, out-of-focus crowd of people who are clapping and holding up phones, suggesting a public event or conference.

Jemaine Finlay

LEADERSHIP | WELLBEING | PERFORMANCE | RESULTS

THE BIOLOGY OF

Personal Leadership

How internal state shapes human behaviour.

IN MANY WAYS, WE'RE ALL QUIETLY SCREAMING FOR HELP...

In the pursuit of more — success, productivity, achievement — we've lost connection to the simple act of being. Modern culture rewards doing over feeling, and the result is rising burnout, isolation, and chronic stress.

Against a backdrop of economic uncertainty, global instability, and constant digital noise, many people are carrying increasing levels of overwhelm. Financial pressure, health concerns, relationship strain, and persistent fatigue have become part of daily life — with many simply pushing on, hoping for more time, energy, or capacity to cope.



THE STRUGGLE IS REAL —AND GLOBAL

77%

Report experiencing regular stress-related physical symptoms

American Psychological Association (APA).

47%

Identify work stress as the primary cause of deteriorating mental health

2025 State of Work-Life Wellness Report

In a world grappling with unprecedented levels of stress, disconnection, and overwhelm, the need for self-awareness and body literacy has never been more urgent.



Jemaine's story is so moving, and connected powerfully with every woman in that room. A worthy standing ovation.

Melanie Hardy | Worthy Australia
Saving 16 Charity Event



A captivating, direct, polished and crystal clear speaker who delivers and highly engaging and insightful session.

Mike Flynn | The Palms Agency
Resonance & Resolve



Jemaine reads the room with empathy & precision, engages everyone and delivers evidence-informed tools that are immediately actionable.

Ali Barfoot | Civeo Pty Ltd
National P&C Manager

WHY WE NEED TO EMPOWER OUR COMMUNITIES...

When individuals are overwhelmed, anxious, and disconnected:

Families and relationships suffer.

Emotional reactivity and disconnection ripple through households.

Communities grow fragmented.

Collective stress erodes trust and social cohesion.

Societal systems strain under the weight.

Healthcare systems, workplaces, and economies bear the weight of preventable incidents, and stress-related illnesses.

Conversely, when individuals reclaim self-awareness and body literacy, they not only heal but create a ripple effect of change for those around them.

Personal transformation catalyzes social and economic change.

Empowered Individuals are Resilient

Individuals: Understanding the mind-body connection builds resilience, prevents burnout, and restores clarity under pressure.

Body Literacy is Liberation:

Teaching individuals to tune into their physiological and emotional signals creates agency over their well-being and decision-making.

Self-Awareness is Transformative:

When we observe our thoughts, emotions, and behaviors without judgment, we break free from self-sabotaging patterns and reframe our experience of stress.



Humanity is at a crossroads. We cannot afford to continue operating in survival. By bringing self-awareness and body literacy to the forefront, we are equipping individuals to rise above cognitive overload, reconnect with their inner wisdom, and take ownership of their lives.



The first five minutes brought tears to my eyes. I felt like Jemaine was talking specifically to me. I felt so seen in my experience.

**Maria D. - Guest,
KoCreate Speaker Series**

**SOUGHT AFTER FOR HER AUTHENTIC, NO-NONSENSE APPROACH
AND ABILITY TO CONNECT WITH AND CREATE MEANINGFUL
CHANGE IN PEOPLE'S LIVES**



WHERE SCIENCE MEETS SELF-AWARENESS, AND TRANSFORMATION BECOMES TANGIBLE

Jemaine is a dynamic speaker and wellness advocate who transforms the way we think about health, leadership, safety culture, and social change.

She brilliantly illustrates state of being as the root cause of

- how people make decisions under pressure
- how they relate to challenge and uncertainty
- how they show up in leadership, teams, and life
- and how quickly stress turns into risk, conflict, poor judgement, or disengagement

When internal state changes, everything downstream changes.

Expertise & Talk Topics

Biology of Belief: The Internal Systems Shaping Change

Heart & Mind-Led Leadership in Safety

The Ripple Effect of Personal Leadership

Leading with Self-Love: Leadership That is Sustainable, Not Self-Sacrificing

BIOLOGY OF BELIEF

THE INTERNAL SYSTEMS THAT SHAPE LASTING CHANGE

This keynote sets the stage for wellbeing, culture, and connection. Jemaine explores how internal state, stress, and meaning shape the way we think, react, relate, and respond under pressure, offering a practical roadmap for emotional regulation, resilience, and meaningful change across health, culture, and connection.



What your audience will leave with:

- Clarity on the origins of belief systems that shape perspective, drive behaviour, and quietly influence how people lead their lives.
- A clear understanding that change happens in the moment between stimulus and response, where choice becomes available
- The ability to interrupt automatic reactions under pressure, recognising how stress and conditioning drive behaviour, and how to reset and respond with intention.
- An Energy Map that shifts people out of reactivity, improving situational awareness, emotional regulation, decision quality, confidence and overall wellbeing.



My favourite speaker of the day. Jemaine was engaging, authoritative and seamlessly connected her knowledge. A delightful storyteller with practical, easy to implement takeaways for everyone in the room.

Debbie Bailey
Resonance & Resolve

DELIVERED AS:

- Keynote
- 1 Hour Workshop
- ½ Day Workshop

PERFECT FOR:

Corporate Conferences
Wellness Summits
Women in Business Events
Leadership Days

THE RIPPLE EFFECT OF PERSONAL LEADERSHIP

Jemaine 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 your audience will 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
- The RELATE framework: a practical tool for handling conflict, behaviour, and communication more consciously — improving connection, psychological safety, and culture in the moments that matter.



"Just, wow! We had Jemaine present the opening keynote and two consecutive workshops at our Teacher Development day and she far exceeded expectations. Staff have keep telling us about how much they have taken from the sessions."

Emily Vandenberg | Principal
Willuna Remote Community School

HEART & MIND-LED LEADERSHIP IN SAFETY

Jemaine works with frontline teams, supervisors, and leaders in safety-critical environments to solve stress, distraction, fatigue, and disengagement by teaching personal leadership, self-awareness, and focus tools that directly influence behaviour, safety culture, and performance in the workplace.



What your audience will learn:

- Personal state is a safety risk. Stress, emotional load, and mental distraction directly impact situational awareness, reaction time, decision-making, interpersonal dynamics, and team culture. This reframes safety as more than just PPE and procedures — it becomes self-awareness and state management.
- Stress doesn't stay at work — it spills into home life and returns to the workplace. Poor recovery shows up as fatigue, irritability, and distraction. Personal wellbeing isn't a luxury — it's a safety responsibility. Self-care is reframed as a critical part of safety culture.
- Jemaine introduces simple, memorable tools that work in real workplace conditions — not ideal ones. These strategies illicit fast self-regulation and clearer decision-making. When self-awareness increases, safer behaviour follows.



We now hear the language from the session being used daily. One supervisor recognised when their 'pot was boiling over' and felt safe enough to raise it early so we could support them. That alone is a huge win.

Cameron Whittred | Senior Village Manager



This is the conversation our industry needs. Wellbeing, self-awareness, and mental resilience should be embedded into standard induction and safety education.

**Ali Barfoot | National P&C Manager
Civeo Pty Ltd**

LEADING WITH SELF-LOVE

LEADERSHIP THAT IS SUSTAINABLE, NOT SELF-SACRIFICING.

Women today are more educated, ambitious, and capable than ever before. Yet many are quietly exhausted, disconnected from their bodies, and stuck in cycles of over-functioning, self-doubt, and depletion. Drawing on over a decade of clinical experience in women's health and behaviour change, Jemaine reframes self-love as a leadership skill — one that directly impacts confidence, boundaries, wellbeing, career longevity, and relationships.

What your audience will gain:

Self-awareness as a practical leadership tool, not a soft concept.

Women learn to recognise:

- their internal patterns
- their stress responses
- their hormonal and emotional rhythms
- and the beliefs shaping their behaviours.

With this awareness, they move from depletion to clarity — leading with agency, boundaries, and self-trust instead of pressure and overextension.

Why this resonates:

Women are often taught to:

- push through discomfort
- override their needs
- normalise exhaustion
- measure success externally

This session challenges that model, offering evidence-based insight and practical tools that restore choice, ownership, and sustainable leadership.

Women leave with greater clarity, stronger boundaries, and a renewed sense of personal power — impacting not only their careers, but their families, teams, and future generations.





Why Choose Jemaine For Your Stage?

When you book Jemaine, you're not just hiring a speaker—you're setting the conditions for impactful, lasting change.

Expertise You Can Trust: Over a decade of clinical experience in women's health, stress physiology, and behaviour change, alongside years working with FIFO crews, frontline workers, and corporate leaders across Australia. Jemaine's work is pressure-tested across boardrooms, safety-critical environments, and wellbeing spaces alike.

Relatable and Engaging: Jemaine blends science with story, drawing on her own lived experience of chronic stress and burnout to create instant resonance. Known for her captivating energy and down-to-earth relatability, she doesn't just motivate audiences, she activates change.

Results-Focused: Audiences leave with practical tools they can use immediately to improve focus, emotional regulation, decision-making, and performance. Jemaine's sessions don't just inspire — they shift behaviour, language, and how people show up long after the event.

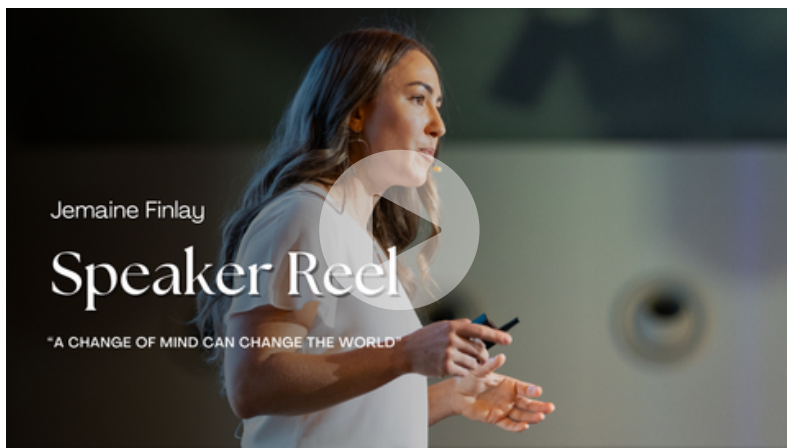


Jemaine Finlay

BHSc. Naturopath | Behaviour Science & NLP | Psychology of Self-Leadership

Jemaine's sessions offer a unique approach that combines neuroscience, behavioural science, positive psychology, and lived experience to activate audiences for self-leadership and sustainable change.

- 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, and lived experience
- Known for creating psychological safety and engagement across diverse audiences.



**WHEN YOU UNDERSTAND YOU HAVE THE POWER TO
CHANGE ANYTHING, EVERYTHING CHANGES**

AS SEEN IN

ticker!

COUNTRY WOMEN'S ASSOCIATION
— OF WESTERN AUSTRALIA INC —

WORTHY

**The West
Australian**



LET'S ELEVATE YOUR EVENT TOGETHER

Whether you're hosting a leadership summit, wellness conference, or corporate event, Jemaine is the speaker to inspire, equip, and create meaningful change in your audience.

Book Jemaine Finlay Today

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*We would love to have
Jemaine back next year. Our
guests loved her!*

Jessica Stephen
Branch President, CWA SX