

CIARA LANCASTER'S SPEAKER SHEET

SPEAKER.



AUTHOR.



TEAM CARE.



ABOUT CIARA

Ciara Lancaster, a former Change Manager at Deloitte Australia, is an Author, Speaker and Coaching Director at Reimagine Change. She is an alumna of Sydney University, University of New South Wales, Stanford University and The Mind Academy in the domains of Psychology, Economics, Organisational Change Management and Modern Psychology.

Ciara helps leaders at all levels manage uncertainty, mitigate stress and modernise their mindset through intrapersonal upskilling.

'Reimagine Change: Escape change fatigue, build resilience and awaken your creative brilliance' is her first book. In 2020, the book went on to become a best-seller in organisational behaviour.

Ciara has a wealth of corporate, academic and first-hand experience with change and burnout. She is best-known for being an authentic and vulnerable story-teller, balancing heart with science-based evidence.

Ciara liberates her audiences by sharing practical tips and tricks that can be immediately implemented for impact.

WHAT OTHERS SAY



Ciara provided exceptional value to our community, we look forward to having her back! - Change Management Institute



The team really enjoyed all the insights and learnings in what is a key topic, especially after what has been an unprecedented year of change. - Pepper Money Technology



Ciara's presentation was right on the money, particularly her personal experience of this important topic. Highly recommend! - Easton Wealth



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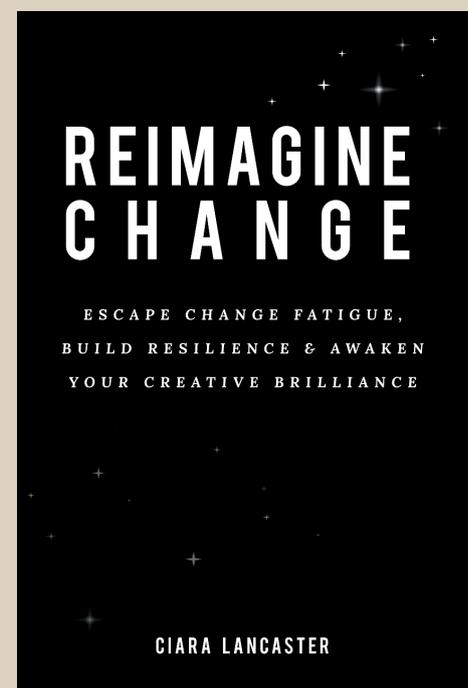
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SIGNATURE KEYNOTE

"Escaping change fatigue and empowering change fearlessness" is a signature keynote presentation that centres around the human experience of endless, fast-paced workplace change.

Ciara is passionate about making mindset, mental health and modern psychology mainstream. In a VUCA world (volatile, uncertain, complex and ambiguous), leaders at all levels are being asked to do more with less. Often they are suffering in silence or they are thinking about their exit strategy. This is leading to change fatigue, cynicism and presenteeism. Beyond that, even the most brilliant, highly engaged leaders are burning out.

It's time to evolve your team's self-leadership and care strategies with a blend of psychology, neuroscience and change management. It's time to transcend the chaos and feel energised to contribute to co-creation, change and innovation efforts! Let's create the conditions to turn this crisis into a catalyst by becoming adaptive, future-ready leaders.

BOOK CIARA FOR YOUR NEXT EVENT



0410 666 939 (Travels from Sydney)



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YOU WILL LEARN

- Change fatigue and burnout risks and realities
- Psychological safety and nervous system implications
- Stress management and mindset hacks for personal success
- Connection and collaborative risk-taking for team success

WHY THIS TOPIC

- Coping better is the key to sustainable stress management and resilience
- Caring more for oneself and one's team strengthens psychological safety and belonging
- Contribution and co-creation results in value exchange, transformation and innovation