



BARRY DU BOIS

KEYNOTE SPEAKER

With over a decade of experience in the mental health and wellbeing sector, combined with deeply personal and real-life stories of resilience, I offer inspiring keynotes that resonate with diverse audiences. My journey—marked by overcoming significant challenges—provides a unique lens through which I explore essential themes of resilience, mindset, and personal growth. Here are a few of my key presentations that highlight my approach:

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WHY CHOOSE ME?

As a cancer survivor and mental health advocate, I offer practical insights from lived experiences. My roles as a Board member of RUOK Day charity and member of Suicide Prevention Australia deepen my commitment to promoting mental well-being. Let's connect to inspire and empower your audience!

KEYNOTES & PANEL EXPERTISE

Sailing - A Metaphor for Life

- Navigate life's challenges using the metaphor of sailing. Drawing from my experiences on the open sea, I illustrate how we can't control the wind, but we can adjust our sails. Attendees will learn to embrace adversity as a path to resilience and emotional strength.
- Key Takeaways:
 - Perseverance and trusting the process
 - Embracing challenges as growth opportunities
 - Tools for enhancing resilience

Closing Doors, Opening Doors

- Explore how closed doors can lead to new opportunities. Through storytelling, sharing a life experience and practical exercises, I guide audiences to shift their focus from loss to the potential that lies ahead.
- Key Takeaways:
 - Recognising new possibilities after loss
 - Building resilience and optimism
 - Strategies for embracing change

Rebuilding Resilience

- In this uplifting keynote, I share my journey through life's toughest challenges, including a life-threatening fall and a cancer diagnosis. Resilience is not innate; it's developed through adversity.
- Key Takeaways:
 - Actionable strategies to rebuild resilience
 - Transforming setbacks into strength
 - Embracing challenges with courage

Panel Member or Advisory Position

With a rich media background as a well-known TV presenter and keynote speaker, I bring valuable insights into mental health resilience. As a cancer survivor and someone who has successfully navigated deep depression, I understand the nuances of mental health challenges. My roles as a Board member of RUOK Day charity and member of Suicide Prevention Australia further enhance my expertise.:

- Practical insights from lived experiences.
- Compassionate advice that resonates with diverse audiences.
- A commitment to promoting mental well-being through storytelling and engagement.



WHAT THE AUDIENCE HAD TO SAY ABOUT BAZ

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Baz's teaching reflects a depth from life experience, balancing vulnerability with wisdom. He anticipates future events and anchors you in the present with breath, nature, or meditation.

“

My suggestion for the next Wellness wander is more inspiring and motivating speakers, like Barry, who are authentic and raw. That's what energises me and is food for my soul.

“

Amidst one of my toughest phases, I started with Baz. In turbulent times, Baz offered calm, wisdom, love, and new perspectives, challenging my thinking and fostering positive beliefs.

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Whilst Barry's focus is the culture of building resilience and well-being within a workforce. The mere mention of his name as an association with a company is an incredible endorsement.

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I attended the Barry's event, and I was humbled by his raw emotion and honesty. The presentation wasn't rehearsed but instead authentic and memorable. I loved it!

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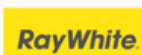
The highlight of the event was the key messages from Barry Du Boi.

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Baz stretches your mind, offering new perspectives, making meaningful change feasible. It shifts your view of current challenges, helping you identify problems amidst mental distortions.

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He's not just a symbol for a brand, but a culture fostering wellness, mental strength, and resilience, creating a positive atmosphere focused on overall well-being.



Volkswagen
Automobile manufacturer



GrainCorp

WOODS BAGOT



The Waterlily Wellness Summit

- Media Expert & TV Presenter
- Keynote Speaker & Workshop Facilitator
- Best Selling Author
- Holistic & Mental Health Advocate
- Team Builder



A great guide to living your best life.



What I've Learned is this....

Adversity doesn't just test us - it transforms us. I am here to share how the darkest moments of my life became the foundation for, growth, resilience, and hope