

Bec Bidwell

KEYNOTE SPEAKER / FORMER LAWYER /
ENTREPRENEUR / FINANCIAL ADVISER



Bec began her career in the legal profession as a teenager and went on to co-build and sell a national legal business. She is now a qualified financial adviser, entrepreneur and CEO of Ladies of Law. A self-confessed serial worrier, she combines honest personal stories, humour and practical ideas to help ambitious people stop letting worry dictate how they spend their time.



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SIGNATURE KEYNOTE

The Worry Reclaim

What if worry is costing us more than we realise - not in money, but in time? After calculating that her own worrying could add up to around three years of waking life, Bec began exploring how to recognise unhelpful worry, interrupt familiar patterns and redirect that time towards the life we want to live.

What Audiences Take Away

A fresh perspective on the difference between useful concern and unproductive worry; an invitation to decide what matters most; and simple, practical starting points for tackling overthinking, catastrophising, perfectionism and procrastination.

Ideal Audiences & Format

- ♥ Business and entrepreneurship conferences
- ♥ Women's leadership events
- ♥ Legal and professional-services audiences
- ♥ Workplace wellbeing programmes.
- ♥ Available for keynotes, fireside conversations and interactive sessions; content tailored to the audience.

01 RECOGNISE
Understand the hidden time cost of repetitive worry.

02 REIMAGINE
Decide what reclaimed time could be invested in.

03 RECLAIM
Identify worry patterns and practical ways to interrupt them.

LET'S START A CONVERSATION

LIMITED COMPLIMENTARY SPEAKING OPPORTUNITIES FOR 2027

Bec is offering a handful of complimentary speaking engagements in 2027, allocated on a first-come, first-served basis. Enquire early to discuss your event.