

## Ani Wilson

Brain Performance and Stress Mastery Coach &  
Keynote Speaker  
Sydney & Auckland Based



### *About*

Having spent 20 years in highly stressful management positions all over the globe, Ani was diagnosed with Stress induced stage three cancer for the 2nd time in her career.

Ani was a manager who was told to slow down - to "chill out".

But being a Type A overachiever, Ani knew that slowing down would go against her very nature and was determined in finding a more fitting answer. Qualifying as a Stress Mastery Coach, Executive Life Coach and Meditation teacher, Ani quickly realized that mindfulness was not enough.

Leveraging her neuroscience background, Ani reignited her passion for the human brain and began her own research only to find that 'slowing down' was actually detrimental to the circuitry within a high performers brain.

Ani now travels the globe mentoring and speaking to audiences about the merits of their own high performing personalities, teaching business owners and managers how to change their stress from fear based to a level of excitement; to harness that energy to physically rewire their brains to promote exponential mental performance.

Ani has a book coming out in September (Unbreakable Leadership), and provides Elite Coaching to overachievers on the brink of burnout.

Ani's speeches are filled with fast-paced, light-hearted facts, timely research and thought provoking stories. When you book Ani, be prepared for laughter, tears and engaging interaction that will have your audiences raving well after your event.

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## *Topic: Avoiding Leadership Burnout - The 7 secrets to reaching the finish line in style*

Research from Gartner and the McKinsey Global Institute has estimated that there is currently a shortage of 1.5 Million managers across the USA alone to cope with the 59% increase of data and information flooding in to our businesses annually. Our existing management teams are left to struggle to make ill-informed decisions about the future of their company whilst dealing with an onslaught of big data to analyse with unrealistic deadlines and limited resources.

Chronic stress can impact anyone at any time; the difference with high performers is that we tend to ignore all the signs and symptoms, choosing to work harder, until one day we crash, taking the business and our employees down with us in our fall.

Burnout causes whole areas of our brain to shut down, impacting our ability to make decisions, plan, see risk and even feel empathy - all the qualities a great leader should have. It takes years to build, one moment to crash, and a lifetime to navigate out of!

In this keynote, you will learn:

1. The fundamental reason why burnout keeps coming back to haunt us
2. The blueprint that determines your statistic for success
3. 7 FUN, cutting edge brain hacks to tackle chronic stress and harness it to increase your mental performance

**Short Bio:** Ani is an International Keynote Speaker & Stress Mastery Coach, who specializes in the neuroscience behind stress and burnout in high performing managers. After years of scientific research, Ani offers NEW, fun, instant ways (hacks) to promote mental excellence whilst diminishing stress for life.

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## *Testimonials*

"I've heard Ani talk now a number of times, and it always amazes me how much information and knowledge she shares regarding stress and burnout!"

**Dr. Patsy Tremayne, Performance Psychologist,  
Australia**

"Wow, talk about edge of my seat! Ani had me transfixed the moment she opened her mouth. I cried, I laughed and I can't wait to teach my 9 year old son one of the strategies I learnt today!"

**Zahrina Robertson, International Celebrity  
Photographer**

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## *Online Presence*

Web: [www.aniwilson.com.au](http://www.aniwilson.com.au)  
Speaking Style: [www.aniwilson.com.au/speaking](http://www.aniwilson.com.au/speaking)  
Twitter: [www.twitter.com/AniwilsonNZ](http://www.twitter.com/AniwilsonNZ)  
Facebook: [www.facebook.com/AniwilsonOfficial](http://www.facebook.com/AniwilsonOfficial)  
LinkedIn: [www.linkedin.com/AniwilsonNZ](http://www.linkedin.com/AniwilsonNZ)

Unbreakable Podcast: iTunes or [www.unbreakable.blog](http://www.unbreakable.blog)

Latest Media:  
<http://www.thecafe.co.nz/2017/07/10/international-speaker-coach-author-ani-wilson-great-advice-keeping-brain-younger-longer/>

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## *Other Interesting Facts*

Ani is the author of an Upcoming Book - 'Unbreakable Leadership - An Overachievers Guide to Mental Stamina & Performance Without Burning Out' due out in September 2017. Filled with over 100 brain hacks, stress hacks and bio hacks to succinctly direct the reader to optimal mental performance whilst avoiding stress and burnout along that path.

Ani is the founder of the 'Unbreakable' Youtube channel and iTunes weekly podcast, dedicated to interviewing world-class neuroscientists and high performers who have succeeded in the face of extreme stress.

Ani is also working with local government to bring her 'Mental Mastery Program' in to secondary schools across NZ to enhance knowledge of the human brain to reduce the statistical rise of teen suicide and depression rates; and is the Junior Vice President of the NZ National Speakers Association.