

KEYNOTE

We Can do Hard Things

What if we could turn moments of hardship into moments of clarity and purpose?

Could the challenges we face actually guide us toward what truly matters and help us realign with our core values?



Camilla inspires audiences to see adversity as an advantage and stress as a source of strength. This keynote explores how we can find the hidden gifts in challenging times by shifting our perspective and embracing the hard things life throws our way.

Camilla shares insights on turning obstacles into opportunities, leveraging stress to build resilience, and discovering personal growth through the toughest experiences.

Encouraging us all to start prioritising our wellbeing, slow down, self-regulate, reconnect, treat ourselves better and acknowledge the strength we all have within.

ABOUT CAMILLA

Camilla is a nutritionist and expert health and wellbeing coach with 10 years of experience working with some of Australia's top senior leaders and executives at organisations like Canva, Atlassian, PwC, Microsoft, Vista, Woolworths, Unilever, Optus, Officeworks, Westpac and Sydney Metro in her role at Select Wellness.

In her talk, Camilla shares how her personal stories of adversity that have allowed her to break through to find the superhuman strength to keep showing up drawing on the philosophy 'We can do hard things'.

Find out what Camilla did to overcome challenges such as debilitating postnatal depression, near-death burnout and living with a chronic illness - while remaining standing, laughing and relatively sane!

After this keynote, you'll walk away with:

- **A mindset shift**, Learn how to reframe your thinking to see challenges as opportunities and a powerful catalyst for growth and success
- **Turning negativity bias into positivity**, discover strategies to overcome the brain's natural tendency to focus on the negative and shift towards positive outcomes
- **The ability to reduce your daily micro stresses**, giving yourself permission to slow down to become calmer, happier and more present
- **Tools for keeping clear boundaries** around your time and energy and identifying your invisible mental, emotional and physical loads
- **Knowledge about rituals, habits**, and creating moments that contribute to your wellbeing with self-compassion and gratitude

Camilla is incredibly knowledgeable, supportive and most importantly realistic about wellbeing and the tools that she recommends.

I can personally say that my own wellbeing is all the better for having met and worked with her.

Her passion, knowledge and genuine desire to take others on the wellbeing journey is contagious.

Jen Bass, Manager Employee Experience, Cuscal (former) Client Select Wellness