

Amanda Heal Intro

Our speaker today is a resilience expert with an extraordinary life story.

She is here to share with us her 5 keys to increasing resilience by building courage. She will tell us how to transform from being fearful, confused and stuck, to being people who are in control, and who take courageous steps towards a clear vision.

She survived being born 14 weeks premature in the 70's when such tiny babies were not deemed viable. She was so small, her father could hold her on the palm of his hand. The oxygen which kept her alive at birth damaged her eyes, leaving her totally blind.

Despite this, she has continued to surprise people with her professional and personal achievements. After graduating with honours in law from the Australian National University, she embarked on a 17 year legal career. In her spare time, she climbed to an altitude of 10,000 feet in Nepal, and conquered her phobia of getting lost to travel independently both within Australia and overseas. . !

When not speaking, she is a podcaster and author of multiple books. .

Please welcome resilience Speaker and author of Seeing By Vision Not By Sight, Amanda Heal.