

Jodie Cooper

Inspiring Positivity



Create a team that's positive, engaged and super productive.

If you're looking to reduce workplace stress, promote wellbeing and build a team that's confident, motivated, cohesive and proactive, you're in the right place.

"What a fantastic way to open our conference. Jodie delivered a super engaging presentation which our delegates enjoyed immensely."

Michael Allendorf,
Early Years Expo

"I'm so glad we found Jodie for our recent conference. It was a highlight of the event. Jodie is warm, engaging and very natural-she had the room hooked from her opening story."

Adrian Mitchell,
CanTeen Australia

Positive Psychology Coach & Educator

Having grown her own coaching and presenting business over the last 18 years, Jodie has become an expert on Positive psychology. She helps leaders to create positive change, first within themselves, and then within their people; Resulting in more positive, productive and engaged teams.

Jodie's worked in multiple industries, hiked the Kokoda trail, written three books and more recently, completed a three year adventure around Australia with her family.

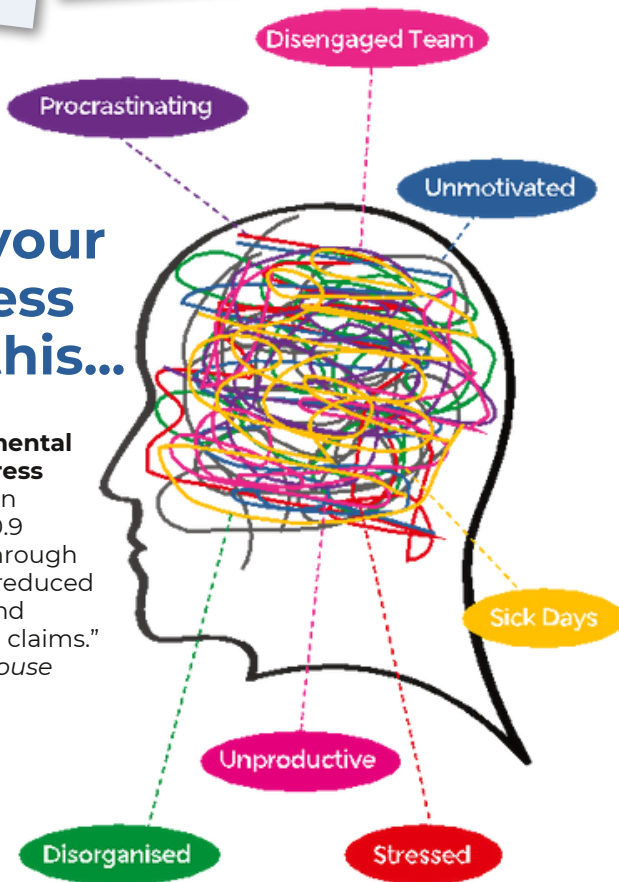
While travelling Jodie had the privilege to develop a community wellbeing project in Tasmania and is on a mission to inspire positivity and bring leaders hope.

Blending her unique and random travel experiences with an extensive knowledge of positive psychology and wellbeing, Jodie will have your team captivated, inspired and ready to step up.



Take your business from this...

"Workplace mental health and stress costs Australian businesses \$10.9 billion / year through absenteeism, reduced productivity and compensation claims."
(Price Waterhouse Coopers 2014)



to this!

"The ROI for coaching initiatives are between 7-49 times the initial investment."
(Price Waterhouse Coopers 2014)



"I cannot recommend Jodie's workshops enough. There has been a definite shift in attitude around the office - we now remind ourselves (and each other) to look for and focus on the positive."
Danika Star.
Planet Footprint

"I don't like workshops. I'm usually bored and can't wait for them to be over. Jodie's was so different. She was very engaging and made the workshop interesting and I learnt so much."
Pauline Greenland,
Animal Justice Party

"You absolutely nailed the presentation. It was the highlight of the course and a brilliant investment. You gave them strategies, insights, humour, tips and more. A thousand thank yous."
Kristina Dodds.
MNDA of NSW

"Jodie is amazing. She is incredibly authentic and walks the walk and doesn't come in to your organisation and tell you what to do. She shows you the way. I would recommend Jodie for whatever you need help with."
Tracey Wilson,
University of Wollongong

Jodie's presentations are insightful, fun and will inspire your team.



Working with Wellbeing

A team that feels great is more connected, engaged and productive too. Learn how to nurture a positive culture, enable wellbeing at work and boost efficiency.

- Explore the framework for wellbeing at work
- Amplify staff strengths while managing negativity
- Develop a positive and supportive workplace culture

Positive Leadership

Leadership is evolving and it's good news. Learn how to bring out the best in your team, build positive relationships and ensure success, for everyone.

- Build a mindset that fosters connection, creativity & growth
- Connect meaningfully and navigate tricky relationships
- Learn to inspire and empower those around you



Building Resilience

Every workplace has unique challenges. Individuals that develop resilience will exceed objectives and learn to thrive, both personally and professionally.

- Develop strategies for managing stress & uncertainty
- Harness willpower to build focus & boost engagement
- Nurture positive work habits for better work life balance

Confident Communicating

Tap into the potential of your team. Empowering them to share ideas, speak confidently and communicate concisely when it matters most.

- Learn to play to your strengths & speak up when it counts
- Practice strategies to communicate effectively at work
- Manage fear and nurture confidence to complete tasks

"Jodie's workshop was interactive, fun and engaging whilst also providing a basis for strong team relationships. Jodie is extremely passionate and has the ability to transform a room from boring into fun. Our teams were particularly excited that they could use Jodie's strategies to be happy and productive at work, and also at home!"
Emily Squires.
Novotel Wollongong

"I loved Jodie's presentation. It was completely interactive and engaging. I took away some great tips for a positive mindset and business, especially the importance of connecting with customers."
Carli Phillips.
Ethicon

"Jodie was amazing! She really helped everyone in the room to think better, work better, live better and be positive. I'd highly recommend her."
Danica Vujic.
Peoplecare

"Jodie was engaging, positive and very real. We received numerous positive comments about Jodie's presentation."
- Annette Martin.
Mounties Group

Jodie's very happy clients...



"Thank you so much for delivering the Positive Culture workshop. Staff said how productive the afternoon was. A positive culture permeates from the top and you reinforced why wellbeing is critical for leaders to manage. We look forward to having you back again."
- Rebecca Ryan, GM. Blayney Shire Council

"I LOVED IT. She truly engaged! I also felt she spoke TO us and not AT us which makes a huge difference." - Julie. CanTeen Australia

"Jodie's presentation's are uplifting, entertaining and enlightening. Jodie would be a huge asset to ANY group looking for an amazing, down to earth speaker. Her ability to connect to a variety of personalities, cultures, and ages is a true gift!"
Monique Field. Business in Heels

"Thank you for empowering me to understand why we humans behave the way we do. Your interactive workshop has provided me with some great tools for my business and personal life."
Marian Golubic, National Op's Manager. Gemtek Pty Ltd

Contact Jodie today for more information.