

You can be the loudest person in the room and still be playing small.

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It happens at the kitchen table and it happens in the boardroom, and it's the same mechanism both times. Everything you learn about folding yourself down at home, you take to work on Monday.

WHY SHE KNOWS WHAT SHE KNOWS

My brother was murdered. My sister and my father died of illness. I had a stroke. I've been divorced. I'm raising two neurodivergent children. And I work a frontline job where people turn up on the worst day of their life, which doesn't care what sort of week I'm having.

None of that is the interesting part. **This is:** a life like that turns you into an instrument. You learn to read a room before you're in it. To hear what somebody means underneath what they're actually saying. To catch the exact second a person decides not to say the thing.

That skill is why I could do frontline work. It's why I could build a mental health programme for ten thousand people across a global company. And it's why I can see the thing that costs people the most and shows up nowhere — **capable people quietly holding back the very thing that makes them worth having around.**

At fifty I worked out I'd been doing it my whole life, and there was nobody left to blame. That's not a nice thing to find out. It's a very useful thing to be able to talk about.

"My work is closing the gap between the scope of who someone actually is, and the scope they've shrunk themselves down to."

AMANDA ANDERSON

32

SPEAKING
ENGAGEMENTS
INTERNATIONALLY

19

YEARS IN NLP,
RESILIENCE &
APPLIED MENTAL
HEALTH

10k

STAFF IN THE
GLOBAL
PROGRAMME SHE
BUILT

"Her session left a lasting impression" — rated 9/10, and the audience asked for more.

JIAMIN WONG · INTELLECT, SINGAPORE

"If you ever have the chance to hear Amanda speak, take it."

MITCH QUEK · PANEL DELEGATE

THE TRACK RECORD

- Created the Global Mental Health programme at L'Occitane en Provence — a three-year roadmap for 10,000 staff
- NSW State Manager, frontline domestic violence and homelessness outreach — 4Voices
- Master NLP Practitioner · Mental Health First Aid · Beyond Blue speaker
- Founder and editor, TOTALLY MENTAL™ magazine — 200+ editions
- Named in Microsoft's Top 10 Speakers to Follow, 2025

STAGES, MEDIA & PARTNERS

L'Occitane en Provence · KPMG Asia · Workplace Health & Safety Show · Wellbeing at Work · Women in Health & Safety Summit · Intellect · HR Daily · MindPeers · FemFounder · Pro Bono Australia · Life Coach Code · TraumaWise · Stop DV · She Is Me Global · Stories That Stir · The Impactful Voice Project · Tradie Wives

"Playing small doesn't protect you from danger. It invites it."

WHAT SHE'LL TALK ABOUT

IN A LIFE

Playing small isn't shyness.

You can be confident, successful, the loudest one in the room — and still be doing it everywhere it counts.

Grief, trauma, and the skill it accidentally builds.

A harder and more useful answer than "what doesn't kill you".

Raising children who don't fold themselves down.

What parents accidentally reward, and what it costs the child twenty years later.

Built to agree.

How school, family, faith and friendship groups train it in before we're old enough to spot it.

AT WORK

The Compliant Collapse.

Why organisations pay for brilliance and receive compliance — and why nobody notices until the cost lands.

What crisis work teaches you about boardrooms.

Same human patterns. Better carpet.

AI just made compliance free.

School spent 150 years manufacturing agreeable people. Machines do it better now. So what is a human for?

QUESTIONS THAT GET A REAL ANSWER

- ? *If playing small isn't shyness or low confidence, what is it?*
- ? *You say people can be confident, successful, and still playing small. How does that work?*
- ? *What did you see on the frontline that changed how you look at a boardroom?*
- ? *At fifty you worked out you'd done it your whole life. What was the moment?*
- ? *What does it cost the people at home, not just the people at work?*
- ? *If someone does one thing tomorrow, what is it?*

FORMATS

- Keynotes, 20–60 minutes — conferences and summits
- Panels and fireside chats, as guest or host
- Half-day and full-day workshops
- Podcast, radio and broadcast interviews
- Written features, columns and comment

BASED

Sydney. Interviews are recorded remotely as standard — broadcast-quality microphone, camera and a dedicated quiet room. Riverside, Zoom, Squadcast, StreamYard or your own platform. In studio in Sydney with a little notice.

TIMING

Sydney time. Comfortable across every Australian time zone, including the Perth offset and early starts for breakfast radio.

TRAVEL

Interstate for conferences, summits and keynotes. Also works internationally — 32 engagements to date across Australia, Asia, the UK and the US.

ON REQUEST

Headshots, showreel, edited clips, approved topic list, and a free resource to offer your audience — the 30-Day Ladder, the Capability Gap Calculator and the white paper are all at amanda-anderson.com.au

BIO — 45 WORDS, FOR READING OUT

Amanda Anderson is a speaker, broadcaster and writer on why capable people hold back the very thing they were hired for. She created the global mental health programme at L'Occitane en Provence, and now runs frontline domestic violence and homelessness outreach across New South Wales.

BIO — 120 WORDS, FOR PROGRAMMES

Amanda Anderson spent forty years playing small and didn't know that's what she was doing. She has spent her career studying what makes people do what they do — in boardrooms and in crisis.

She created the Global Mental Health programme at L'Occitane en Provence, a three-year roadmap for 10,000 staff, and today runs frontline domestic violence and homelessness outreach across New South Wales for 4Voices. She is a Master NLP Practitioner, a Beyond Blue speaker, founder of TOTALLY MENTAL™ magazine, and was named in Microsoft's Top 10 Speakers to Follow in 2025. Her first book, *I Made It Look Easy*, is in development.

She works on one thing: the gap between the scope of who someone actually is, and the scope they've shrunk themselves down to.