

# LYNDALL MITCHELL



*Lyndall's highly engaging keynotes are designed to equip participants with the skills to improve resilience and wellbeing along with amplifying their influence as leaders.*

Every participant walks away inspired, with a clear idea of how they can challenge their habits, mindsets and daily practices to achieve their goals and embrace wellness. Lyndall's essential keynotes will spark conversations, thoughts and behaviours that will transform entire groups of individuals to take positive steps to prioritise their health and wellbeing, maximise productivity and efficiency and get the most out of every day.

## *Triple O*

In today's 24/7 world, employees are under pressure to perform, to handle more, to always be "on." As a result, fatigue and turnover are rising with employees feeling the effects of the 'Triple O' (overworked, overwhelmed and overscheduled). The Australian Bureau of Statistics reports that 1 in 3 adults suffer from moderate to extreme levels of stress, and workplace stress is now costing Australian employers more than \$10 billion per year.

Unchecked, stress can hurt employee productivity, quality of life and the bottom line. But attempting to minimize stress or remove external stressors is unrealistic.

The Triple O keynote presented by Lyndall unlocks tools for managing stress more effectively. This holistic, purpose-driven approach helps individuals become physically energized, mentally focused and fully engaged in the moments that matter – for real results at work and at home. Participants are taught how to control their stress physiology to reduce stress quickly, improve sleep, increase stamina and build long-term stress resilience. It also teaches participants how to develop practical strategies for integrating into their working day and raises awareness of the impacts of stress on personal and professional performance.

### TOPICS COVERED INCLUDE:

- Identifying stress? Symptoms and Triggers
  - How to Manage Stress Effectively
    - Your Foundation Wheel
- *4 Ways to Reduce your Susceptibility of Stress*
  - Practical and Easy Relaxation Tips and Techniques for the Workplace
  - Healthy Habits to Increase Performance and Productivity in Business and Personal Life
  - Rethinking Routines for Work and Life
- The Science of Mindfulness for Living on Purpose
  - Developing Perseverance and Self-Regulation
- Lyndall's Breakthrough Stress-Busting ME Moments



# LYNDALL MITCHELL



## Testimonials

“We have had the most amazing feedback from our clients and staff. Your presentation was relevant, interesting and captivating. I have no doubt every person walked away with relevant and realistic action points.”

DORA STILIANOS  
PARTNER  
BAKER & MCKENZIE

“Lyndall has a gift for giving, understanding and helping you find the path ahead that’s best for you. I still learn from her simple reflections and truly hope that others can experience her brilliance.”

DEBORAH HUTTON  
FOUNDER  
BALANCE BY  
DEBORAH HUTTON

Lyndall’s Masterclass of Wellness was the highlight of our Staff Wellness Week. I strongly believe in taking the time to dream about the life you want, and then work towards to achieving your goals and happiness. Lyndall brought that home through a clarifying, interactive and supportive workshop.

KRISTINA KARLSSON  
FOUNDER AND  
CREATIVE DIRECTOR  
KIKKI.K

---

## CLIENTS

Baker  
McKenzie.

CSL™


kikki.K

QANTAS

  
Palazzo Versace  
GOLD COAST AUSTRALIA

PROFESSIONAL  
beauty

 Balance  
By Deborah Hutton

  
nab

  
TOMORROWLAND  
1975 1980 1985 1990 1995 2000 2005 2010 2015 2020

---

Ignite. Fuel. Flourish.



lyndallmitchell.com