

# Jemaine Finlay

LEADERSHIP | WELLBEING | PERFORMANCE | RESULTS

THE BIOLOGY OF

# Personal Leadership

How internal state shapes human behaviour.

# IN MANY WAYS, WE'RE ALL QUIETLY SCREAMING FOR HELP...

In the pursuit of more — success, productivity, achievement — we've lost connection to the simple act of being. Modern culture rewards doing over feeling, and the result is rising burnout, isolation, and chronic stress.

Against a backdrop of economic uncertainty, global instability, and constant digital noise, many people are carrying increasing levels of overwhelm. Financial pressure, health concerns, relationship strain, and persistent fatigue have become part of daily life — with many simply pushing on, hoping for more time, energy, or capacity to cope.



## THE STRUGGLE IS REAL —AND GLOBAL

77%

*Report experiencing regular stress-related physical symptoms*

American Psychological Association (APA).

47%

*Identify work stress as the primary cause of deteriorating mental health*

2025 State of Work-Life Wellness Report

In a world grappling with unprecedented levels of stress, disconnection, and overwhelm, the need for self-awareness and body literacy has never been more urgent.



*Jemaine's story is so moving, and connected powerfully with every woman in that room. A worthy standing ovation.*

Melanie Hardy | Worthy Australia Saving 16 Charity Event



*A captivating, direct, polished and crystal clear speaker who delivers and highly engaging and insightful session.*

Mike Flynn | The Palms Agency Resonance & Resolve



*Jemaine reads the room with empathy & precision, engages everyone and delivers evidence-informed tools that are immediately actionable.*

Ali Barfoot | Civeo Pty Ltd National P&C Manager

# WHY WE NEED TO EMPOWER OUR COMMUNITIES...

When individuals are overwhelmed, anxious, and disconnected:

## **Families and relationships suffer.**

Emotional reactivity and disconnection ripple through households.

## **Communities grow fragmented.**

Collective stress erodes trust and social cohesion.

## **Societal systems strain under the weight.**

Healthcare systems, workplaces, and economies bear the weight of preventable incidents, and stress-related illnesses.

Conversely, when individuals reclaim self-awareness and body literacy, they not only heal but create a ripple effect of change for those around them.

Personal transformation catalyzes social and economic change.

## **Empowered Individuals are Resilient**

**Individuals:** Understanding the mind-body connection builds resilience, prevents burnout, and restores clarity under pressure.

## **Body Literacy is Liberation:**

Teaching individuals to tune into their physiological and emotional signals creates agency over their well-being and decision-making.

## **Self-Awareness is Transformative:**

When we observe our thoughts, emotions, and behaviors without judgment, we break free from self-sabotaging patterns and reframe our experience of stress.



Humanity is at a crossroads. We cannot afford to continue operating in survival. By bringing self-awareness and body literacy to the forefront, we are equipping individuals to rise above cognitive overload, reconnect with their inner wisdom, and take ownership of their lives.



*The first five minutes brought tears to my eyes. I felt like Jemaine was talking specifically to me. I felt so seen in my experience.*

**Maria D. - Guest,  
KoCreate Speaker Series**

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**SOUGHT AFTER FOR HER AUTHENTIC, NO-NONSENSE APPROACH  
AND ABILITY TO CONNECT WITH AND CREATE MEANINGFUL  
CHANGE IN PEOPLE'S LIVES**

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## **WHERE SCIENCE MEETS SELF-AWARENESS, AND TRANSFORMATION BECOMES TANGIBLE**

Jemaine is a dynamic speaker and wellness advocate who transforms the way we think about health, leadership, safety culture, and social change.

She brilliantly illustrates state of being as the root cause of

- how people make decisions under pressure
- how they relate to challenge and uncertainty
- how they show up in leadership, teams, and life
- and how quickly stress turns into risk, conflict, poor judgement, or disengagement

When internal state changes, everything downstream changes.

### **Expertise & Talk Topics**

Biology of Belief: The Internal Systems Shaping Change

Heart & Mind-Led Leadership in Safety

Leading with Self-Love: Leadership That is Sustainable, Not Self-Sacrificing

# BIOLOGY OF BELIEF

## THE INTERNAL SYSTEMS THAT SHAPE LASTING CHANGE

This keynote sets the stage for wellbeing, culture, and connection. Jemaine explores how internal state, stress, and meaning shape the way we think, react, relate, and respond under pressure, offering a practical roadmap for emotional regulation, resilience, and meaningful change across health, culture, and connection.



### What your audience will leave with:

- Clarity on the origins of belief systems that shape perspective, drive behaviour, and quietly influence how people lead their lives.
- A clear understanding that change happens in the moment between stimulus and response, where choice becomes available
- The ability to interrupt automatic reactions under pressure, recognising how stress and conditioning drive behaviour, and how to reset and respond with intention.
- The RELATE framework: a practical tool for handling conflict, behaviour, and communication more consciously — improving connection, psychological safety, and culture in the moments that matter most.
- Simple, practical tools that shift people out of reactivity, improving situational awareness, emotional regulation, decision quality, and overall wellbeing.



My favourite speaker of the day. Jemaine was engaging, authoritative and seamlessly connected her knowledge. A delightful storyteller with practical, easy to implement takeaways for everyone in the room.

**Debbie Bailey**  
**Resonance & Resolve**

### DELIVERED AS:

- Keynote
- 1 Hour Workshop
- ½ Day Workshop

### PERFECT FOR:

Corporate Conferences  
Wellness Summits  
Women in Business Events  
Leadership Days

# HEART & MIND-LED LEADERSHIP IN SAFETY

Jemaine works with frontline teams, supervisors, and leaders in safety-critical environments to solve stress, distraction, fatigue, and disengagement by teaching personal leadership, self-awareness, and focus tools that directly influence behaviour, safety culture, and performance in the workplace.



## What your audience will learn:

- Personal state is a safety risk. Stress, emotional load, and mental distraction directly impact situational awareness, reaction time, decision-making, interpersonal dynamics, and team culture. This reframes safety as more than just PPE and procedures — it becomes self-awareness and state management.
- Stress doesn't stay at work — it spills into home life and returns to the workplace. Poor recovery shows up as fatigue, irritability, and distraction. Personal wellbeing isn't a luxury — it's a safety responsibility. Self-care is reframed as a critical part of safety culture.
- Jemaine introduces simple, memorable tools that work in real workplace conditions — not ideal ones. These strategies illicit fast self-regulation and clearer decision-making. When self-awareness increases, safer behaviour follows.



*We now hear the language from the session being used daily. One supervisor recognised when their 'pot was boiling over' and felt safe enough to raise it early so we could support them. That alone is a huge win.*

**Cameron Whittred | Senior Village Manager**



*This is the conversation our industry needs. Wellbeing, self-awareness, and mental resilience should be embedded into standard induction and safety education.*

**Ali Barfoot | National P&C Manager  
Civeo Pty Ltd**

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# LEADING WITH SELF-LOVE

## LEADERSHIP THAT IS SUSTAINABLE, NOT SELF-SACRIFICING.

Women today are more educated, ambitious, and capable than ever before. Yet many are quietly exhausted, disconnected from their bodies, and stuck in cycles of over-functioning, self-doubt, and depletion. Drawing on over a decade of clinical experience in women's health and behaviour change, Jemaine reframes self-love as a leadership skill — one that directly impacts confidence, boundaries, wellbeing, career longevity, and relationships.

### What your audience will gain:

Self-awareness as a practical leadership tool, not a soft concept.

Women learn to recognise:

- their internal patterns
- their stress responses
- their hormonal and emotional rhythms
- and the beliefs shaping their behaviours.

With this awareness, they move from depletion to clarity — leading with agency, boundaries, and self-trust instead of pressure and overextension.

### Why this resonates:

Women are often taught to:

- push through discomfort
- override their needs
- normalise exhaustion
- measure success externally

This session challenges that model, offering evidence-based insight and practical tools that restore choice, ownership, and sustainable leadership.

Women leave with greater clarity, stronger boundaries, and a renewed sense of personal power — impacting not only their careers, but their families, teams, and future generations.





## Why Choose Jemaine For Your Stage?

When you book Jemaine, you're not just hiring a speaker—you're setting the conditions for impactful, lasting change.

**Expertise You Can Trust:** Over a decade of clinical experience in women's health, stress physiology, and behaviour change, alongside years working with FIFO crews, frontline workers, and corporate leaders across Australia. Jemaine's work is pressure-tested across boardrooms, safety-critical environments, and wellbeing spaces alike.

**Relatable and Engaging:** Jemaine blends science with story, drawing on her own lived experience of chronic stress and burnout to create instant resonance. Known for her captivating energy and down-to-earth relatability, she doesn't just motivate audiences, she activates change.

**Results-Focused:** Audiences leave with practical tools they can use immediately to improve focus, emotional regulation, decision-making, and performance. Jemaine's sessions don't just inspire — they shift behaviour, language, and how people show up long after the event.



# Jemaine Finlay

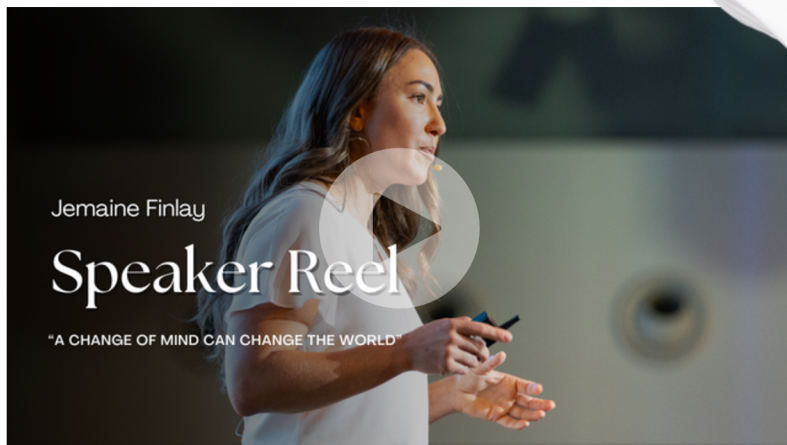
*BHSc. Naturopath | Behaviour Science & NLP | Psychology of Self-Leadership*

Jemaine's sessions offer a unique approach that combines neuroscience, behavioural science, positive psychology, HeartMath, and lived experience to activate audiences for self-leadership and sustainable change.

Bachelor of Health Science; with formal training in NLP, Naturopathy, Heartmath, and the intersection of psychology and quantum biology,

10+ years as a healthcare practitioner specialising in stress, hormones, and burnout.

3+ Years supporting FIFO crews, frontline workers, supervisors, and leaders across Australia



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**WHEN YOU UNDERSTAND YOU HAVE THE POWER TO  
CHANGE ANYTHING, EVERYTHING CHANGES**

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AS SEEN IN

**ticker!**

COUNTRY WOMEN'S ASSOCIATION  
OF WESTERN AUSTRALIA INC

**WORTHY**

**The West  
Australian**



## LET'S ELEVATE YOUR EVENT TOGETHER

Whether you're hosting a leadership summit, wellness conference, or corporate event, Jemaine is the speaker to inspire, equip, and create meaningful change in your audience.

### **Book Jemaine Finlay Today**

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*We would love to have  
Jemaine back next year. Our  
guests loved her!*

**Jessica Stephen**  
**Branch President, CWA SX**