



As seen on SBS
insight

The F.U.N Formula

with TEDx speaker, Annie Harvey.

A proven no-nonsense solution to help manage stress, beat burnout or just get the balance back.

ANNIE HARVEY

To lead anyone, we must be
great at leading ourselves first.

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I appreciated how human you were. By incorporating your story and personal experiences into your presentation, it made it applicable and feel more real, rather than a lot of stats that feel disconnected from life.

Megan van der Horst
Org Psych, Cape Town

- Learn 3 simple steps to raise confidence in managing overwhelm
- Feel uplifted, confident and inspired.
- Be efficacious, not resilient!
- Manage stress strategically.
- Avoid fatigue from empathy overwhelm
- Boost self-leadership to continually evolve and navigate change.
- Leave with a toolkit packed full of simple strategies and an attitude of 'can do'!

I'll be gloating for years that I chose you!
Your understanding of and strategies for preventing burnout were exactly what we needed. We have had nothing but positive feedback from our attendees (no mean feat, I promise you!) (R Denny, FCAQ

In my 18 years as a counsellor, this training has trumped all my PD! (K Formosa, Centacare)

"An inspiration and a true champion in self-leadership." (L Pajac, WHS Manager Bendigo Bank)

Some of the best PD we've ever had! (S Noell, Deputy, St Peter's Woodlands School)

"Such pertinent guidance right now, delivered in a truly engaging way.

(J Hockley, State Manager, Connective Asset Finance)

"I loved how she took such a serious issue as burnout and made sure the team had fun with it." (E Fogarty, People & Culture, Coles Liquor)

Great speakers but you eclipsed them all with some fun and common sense! (B Jenkins, Standing Tall)