

mental health
and wellbeing
Speaker

Speaker Profile

LIZ TOBIN

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"Liz Tobin is an engaging speaker. She instantly connected with our team, bringing warmth and humour. She has an incredible knowledge of mental health and wellbeing, and we look forward to having her back" (Marcia Walsh).

"Following Liz' session on Leading Well, I have changed the way I respond to my team. I am more confident when making difficult decisions and don't over think small" (Tom Bonks).

Is your audience feeling overwhelmed, burnt out, or stretched too thin?

If so, Liz is a welcome change of pace. She will help them reset.

Her workshops and presentations will leave your audience feeling motivated and inspired to take action.



About Liz Tobin

Liz Tobin is one of Australia's most respected voices in mental health and workplace wellbeing. A dynamic speaker, trusted facilitator, executive coach, and meditation teacher, Liz brings over 20 years of experience helping thousands of professionals reduce stress, overcome burnout, and build lasting resilience.

Known for her fresh perspective and energising presence, Liz captivates audiences with a unique blend of storytelling, humour, and science-backed insights. Her evidence-based yet practical approach combines the transformative power of mindfulness and meditation with simple, effective strategies to foster calm, clarity, and vitality. She helps individuals stay present, set clear intentions, and take meaningful action, equipping them with the tools they need to thrive in both work and life.

Liz partners with many of Australia's leading organisations across corporate, government, and not-for-profit sectors to create healthier, high-performing cultures where people and teams can truly thrive.

Whether speaking to executives, educators, or community groups, Liz leaves every audience inspired, recharged, and equipped to make sustainable change. If your people are feeling overwhelmed or stuck in survival mode, Liz will help them reset.

Speaking Topics

Below is an overview of some of the topics Liz presents.

Breaking the Stress Cycle

- Reset, refocus, and reclaim your calm.

Overcoming Burnout

- Set boundaries to reduce overwhelm.

Lead Well

- Leading with intention and presence.

Simply Meditation

- Simple strategies to reduce overwhelm.

Sleep Well

- Science and strategies for better sleep.

Mental Health Awareness

- Building positive mental health and wellbeing.



Setup & AV Requirements

To ensure a smooth presentation, please provide:

- Projector & Screen – For PowerPoint slides.
- Laptop Connection & Power – With necessary cables/adapters.
- Wireless Clicker – For hands-free slide control.
- Lectern or Small Table – For notes or a laptop.
- Hands-Free Microphone – Lavalier or headset preferred.
- Drinking Water – A jug with a glass.
- Please also confirm room setup and parking details in advance.