

## Adam Fraser

Human Performance Researcher and Consultant

Dr. Adam Fraser is experienced at facilitating solutions for individuals, teams and organisations helping them to improve performance. Adam has worked with elite sports people, armed forces and top business professionals in Australia and worldwide. He has channelled his unique insight and research into a series of ground breaking presentations. Adam is a speaker who can truly help people effectively manage their mindset and energy with positive results.

Adam shows audiences how to move from theory to action, no matter who they are or what role they perform. He has an incredible ability to make facts both relevant and fun. Audiences regularly describe Adam as engaging, dynamic, funny and highly practical. Participants immediately walk away with more awareness about themselves and strategies they can implement in work and life.

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