

Briony

BENJAMIN



Book Briony Today

hi@brionbenjamin.com.au



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An amazingly fresh new voice and perspective

ABOUT BRIONY

Briony Benjamin is a Keynote Speaker, Author and Storyteller whose viral videos have been viewed by more than 200 million sets of eyeballs. She's passionate about infusing humour in everything she produces be that a keynote, a book or a viral video. She believes tackling challenging topics with humour and joy is the most effective way to connect with people.

Her own story went global after she documented her journey from cancer diagnosis to recovery in the video '[You Only Get One Life](#)'. This led to a book called 'Life Is Tough But So Are You' and a passionate drive to help individuals face the toughest time of their lives with more ease and less fear.

She also works with some of Australia's boldest leaders to help them unlock the creativity already in their organisations and help them craft their personal stories in compelling ways that move hearts and minds with the view to making the world a better, kinder and more fun place.



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REAMS.

Business Blueprint

Business
Blueprint

Business
Blueprint



“SCA Sydney and NSW offices were incredibly fortunate to have Briony spend time with us and share her insights and wisdom in living a full life. It was a timely reminder to take each day at a time and be grateful for what we have in the present. Briony’s own life experiences are an emotional reminder that life is precious and to ensure we’re living it to the fullest. We get to create the movie trailer of our life! Thank you Briony, you are truly a bright spark everyone needs in their life!”



SARAH POTTS

General Manager, NSW
Southern Cross Austereo

“As a speaker, Briony is not just engaging and heartfelt, she is organised and 100% professional, which is so important for anybody who is trying to pull an event together.”



DALE BEAUMONT

Director, Business Blueprint

“Briony tells her story with passion and love and kindness and acceptance and gratitude – and she makes it fun and cheery, despite the tough stuff she’s been through. She reminded us of what’s important in our lives. To have fun when we can. To take care of ourselves. That we’ve only got one life and one body and this is it. And that it’s totally OK to just take one step at a time.”



Tamara Spargo

Victorian Government Department

“Briony is an extremely compelling speaker who captivates and connects with the audience due to her authenticity, her warm presence, and her professional, engaging delivery. She is a masterful storyteller and communicator who leaves the audience inspired and empowered.”



ROYA BAGHAI

Founder, Videos for Change;
Co-Founder, High Resolves

“Briony combines sincerity, wit and wisdom in her work like no one else I know. Positive feedback filters back to me for weeks after Briony speaks with our Creative Industries students. We need hopeful empowered and actionable advice now more than ever and Briony is a marvel at gifting that to young people.”



DR. RUARI ELKINGTON

Lecturer in Creative Industries
Queensland University of Technology



What Briony Talks About

Looking for a fresh, inspiring and engaging speaker? Get your #excitedface ready!

It's my goal to make a true connection with your audience and leave them feeling motivated, energised and ready for whatever is coming next.

- **Resilience**
- **Inspirational**
- **Creativity & Innovation**
- **Storytelling**
- **Advertising & Marketing**
- **Environment & Climate Change**



"LIFE IS TOUGH...BUT SO ARE YOU"

This is a talk for tough people that want some tools and tips up their sleeves for getting through life's tough times.

If you want to live the richest version of your life, bring some more joy into your day-to-day existence and have some tools up your sleeve for when things get tricky, this keynote will cover it all. Because – spoiler alert – we all have to deal with our fair share of tough times sooner or later. It's how we handle them and bounce back afterwards that really matters.

"Briony's presentation was incredibly honest and powerful. She made us both laugh and cry with her real, heartfelt story. And she inspired us all to think differently about how to navigate challenging times.

 **DAN ADAMS**
CEO, Amber Electric



"LIFE IS TOUGH...BUT SO ARE YOU"

Briony was 31 when Briony shares the important lessons learnt through her cancer diagnosis, treatment and recovery.

If you want to live the richest version of your life, bring some more joy into your day-to-day existence and have some tools up your sleeve for when things get tricky, this keynote will cover it all. Because – spoiler alert – we all have to deal with our fair share of tough times sooner or later. It's how we handle them and bounce back afterwards that really matters.



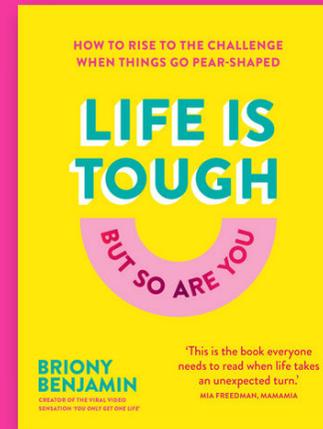
"WORKPLACES THAT CREATE WINNING IDEAS"

Creativity is a superpower and it can give your company or organisation an unfair competitive advantage. But creativity requires courage. It's a leap into the unknown. In a fast-paced, deadline-driven workplace how do we keep creativity alive in ourselves and within our teams so that the best ideas can come to the fore? In this keynote Briony shares the tools, conditions and frameworks that allow the most innovative and creative organisations in the world to thrive and how your teams and organisations can harness the power of the creativity that is already in the room, because the organisations that ultimately unlock the best ideas will win.

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Briony's Books

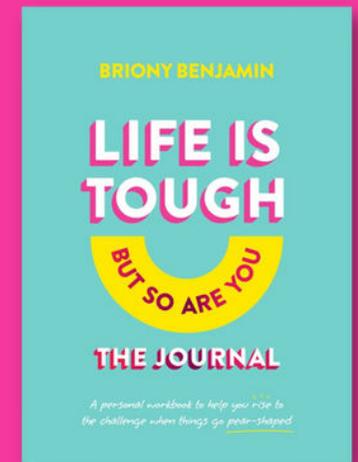


LIFE IS TOUGH - BUT SO ARE YOU

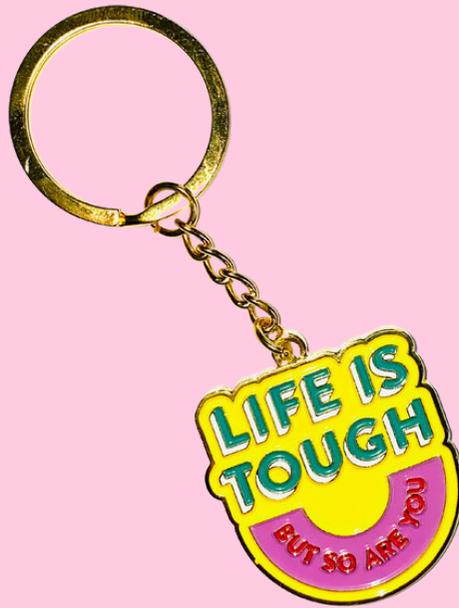
If you want to live the richest version of your life, bring some more joy into your day-to-day existence and have some tools up your sleeve for when things get tricky, this book is for you.

LIFE IS TOUGH THE JOURNAL

This beautifully colourful and vibrant journal is a guided workbook to help you rise to the challenge when things go pear-shaped. Use as a companion to the book or by itself. (Out Jan 2023)



KEYRINGS



POSTCARD SETS





AV & Logistics

Travel

Briony travels from Sydney, Australia.

Audio Visual Requirements

In order to ensure that Briony can deliver the best keynote or presentation possible there are some key things that she'll need:

1. Headset or wireless lapel microphone where possible
2. Projector & clicker.
3. If the session is a workshop then a flipchart, pens or a whiteboard
4. Please let Briony know if the room will be set up in lecture, classroom or cabaret style



Virtual Presentations & Workshops





Briony has been featured in

Today



MamaM!a

Daily Mail
AUSTRALIA



BODY+soul



The Sydney Morning Herald

yahoo!
finance

Members Retreat

Noosa 2021

R EXPERIENCE
ina_tower
erempirebuilder #

See you on stage soon!

