

SPEAKER KIT

RAISING EMPOWERED HUMANS

SONIA BESTULIC

AWARD-WINNING GLOBAL SPEAKER

#1 BESTSELLING AUTHOR

SPEECH PATHOLOGIST

FOUNDER, RAISING EMPOWERED HUMANS™

*Because empowered humans create
empowered families, workplaces and communities.*





THE HUMAN CONNECTION



Sonia Bestulic helps individuals, families and organisations build the confidence, communication and self-leadership needed to flourish in life, relationships and work.



At a time when many people are feeling disconnected, overwhelmed and unsure of themselves, Sonia's work brings people back to what matters most: their confidence, their communication, their relationships and their capacity to grow.



With nearly 30 years' experience as a clinician, bestselling author and trainer, Sonia works with individuals, families and organisations to build the foundations of empowered living and human connection.



Her work blends communication science, emotional intelligence and self-leadership to help people believe in themselves, strengthen the relationships that matter and create environments where all can thrive.

Sonia is the leading voice in self-leadership and generational flourishing.

A TRUSTED VOICE



Sonia Bestulic is an award-winning global speaker, bestselling author, speech pathologist and creative changemaker with nearly 30 years' experience at the intersection of **human development, communication and human flourishing**.

As the founder of a pioneering Sydney-based speech pathology clinic, Sonia led her team for more than **18 years**, supporting thousands of individuals, families, educators and professionals across Australia and internationally.

Today, as Founder of **Raising Empowered Humans™**, Sonia partners with organisations, schools and communities to strengthen the human capabilities that underpin confident leadership, meaningful communication, healthy relationships and thriving workplace cultures.

She is the author of four books, including the #1 bestselling **5 Golden Keys to Raising Empowered Humans**, and is recognised for translating decades of clinical expertise into practical, evidence-informed strategies that strengthen people, workplaces and communities.

In 2025, Sonia was recognised as **Global Thought Leader of the Year (Bronze)** and received an **Honourable Mention for Wellness & Wellbeing Services** at the Women Changing the World Awards.

AT A GLANCE



**30
YEARS**

Clinical expertise in
communication,
human development
and human flourishing



**18+
YEARS**

Founder & Director of
a pioneering
multidisciplinary clinic



**4
BOOKS**

Award-winning author,
including the #1
bestselling *5 Golden Keys
to Raising Empowered Humans*



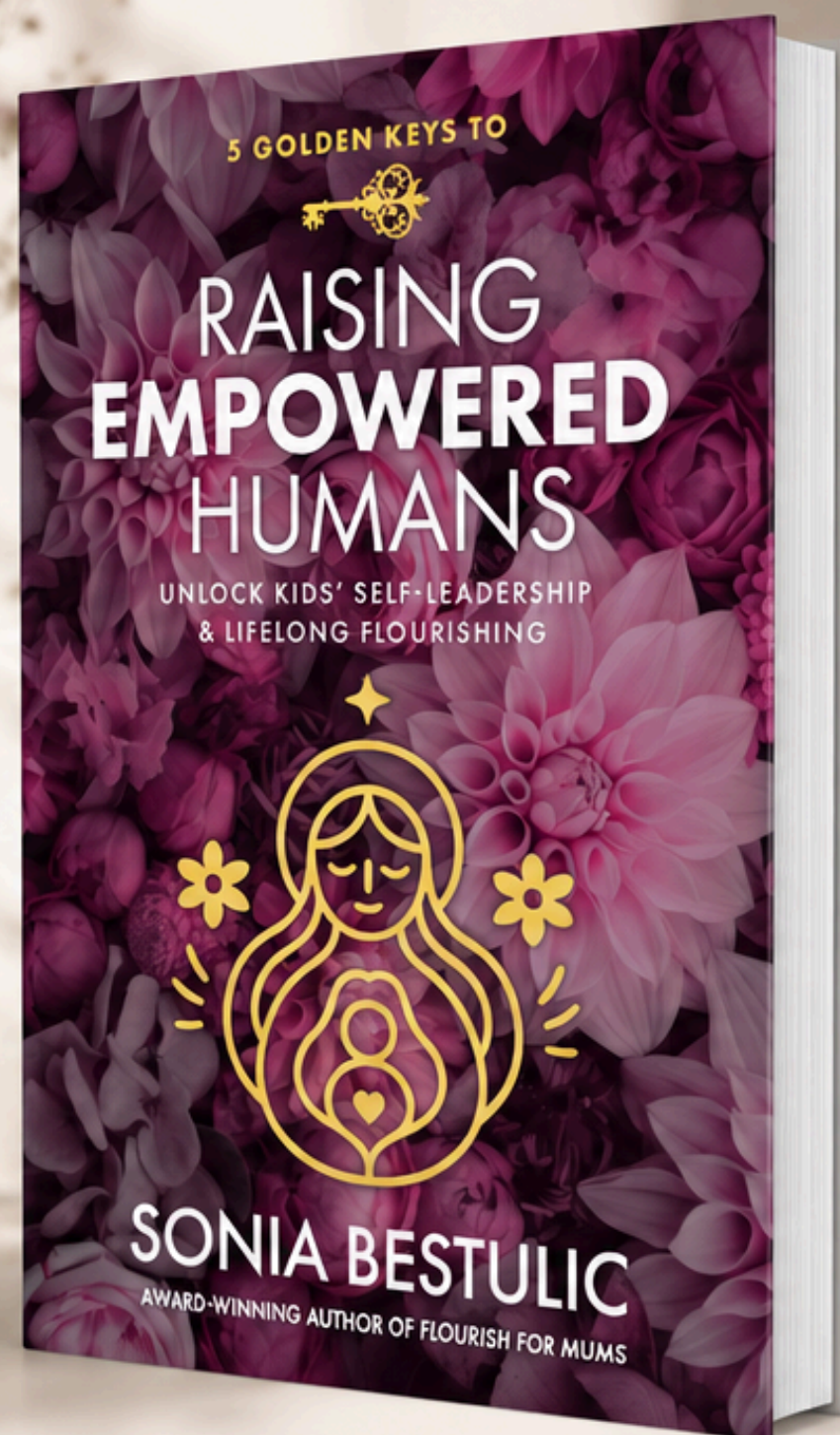
THOUSANDS

Individuals, families,
educators and
professionals supported



**AWARD-
WINNING**

Global Speaker,
Thought Leader
& Bestselling Author



#1 AMAZON
BESTSELLING BOOK

RAISING EMPOWERED HUMANS™

THE FRAMEWORK BEHIND THE CONVERSATION.



In her #1 Amazon bestselling book, Sonia draws on nearly 30 years of expertise in communication sciences, human development and self-leadership to explore what it truly means to raise **empowered humans**. The same principles that help children flourish are the ones that make leaders more effective – and organisations more human.

This work offers a powerful lens: when we strengthen our own self-leadership, emotional regulation and capacity for connection, we become better leaders, communicators and culture builders.

The insights in this book underpin everything Sonia brings to the stage. They inspire meaningful conversations and provide audiences with practical, evidence-informed strategies they can apply – at work, at home and in their communities.

KEY PRINCIPLES THAT DRIVE LASTING IMPACT



STRENGTHEN
SELF-LEADERSHIP



BUILD EMOTIONAL
INTELLIGENCE



IMPROVE COMMUNICATION
& CONNECTION



CREATE CULTURES
WHERE PEOPLE FLOURISH

“Sonia is an exceptional human, gifted with insight, intuition, and wisdom. Born to guide, she has accumulated vast experience and authority in understanding humanity. Trust her every word – this book will serve you well!”

JULIA SCOTT

CEO of Jane Wealth & Founder of Love Luck Wealth

“Sonia leads with intuitive brilliance and wholehearted presence. She sees the whole person – child or adult – and gently unlocks their potential with compassion, wisdom, and joy. Her ability to bring lightness to even the most challenging moments is a rare and powerful gift. As both a gifted writer and hands-on practitioner, Sonia’s work is a true invitation to flourish.”

VANESSA BELL

Champion of Australian Wool, Sustainability Advocate
& Host of Fashion to Farmer

2026 TOPICS



INSPIRING LEADERS.
EMPOWERING PEOPLE.
ELEVATING CULTURES.



“ *When we raise empowered humans,
we build a better future for all.* ”



RELEVANT TODAY.
ESSENTIAL TOMORROW.



EVIDENCE-INFORMED.
HUMAN-CENTRED.



ENGAGING STORIES.
PRACTICAL TAKEAWAYS.



LASTING IMPACT
FOR PEOPLE & CULTURES.



THE LEADERSHIP LEGACY™

Self-Leadership & Generational Flourishing

Although most organisations are genuinely committed to their people, they invest in systems and strategy yet something still doesn't feel quite right. **Teams are stretched. Communication breaks down.** Leaders are doing their best but often running on the **fuel of depletion** rather than **fulfilment and authentic passion**.

People don't need more process, they need the human foundation underneath it all strengthened. This means being able to **regulate under pressure, communicate with clarity**, build **real trust**, and lead with both **strength and presence**.

This is the self-leadership gap that Sonia fills in this flagship keynote, ***The Leadership Legacy***.



AUDIENCE OUTCOMES



SELF-LEADERSHIP

Lead yourself with awareness, emotional regulation and clarity—so you can lead others with confidence.



COMMUNICATION

Build stronger conversations and relationships that create trust, influence and collaboration.



CULTURE

Strengthen psychological safety, accountability and the everyday behaviours that shape thriving cultures.



LASTING IMPACT

Leave with practical strategies that drive sustainable performance and a leadership legacy that extends beyond the workplace.

“ Organisations will see stronger trust, belonging and team cohesion — a clear path to sustainable performance. ”

IDEAL FOR



LEADERSHIP
CONFERENCES



EXECUTIVE
RETREATS



LEADERSHIP
TEAMS



HR & PEOPLE
& CULTURE



ORGANISATIONAL
DEVELOPMENT



SPECIALIST KEYNOTE



PLANET OF PARENTHOOD™

Raising Empowered Humans in a Fragmented World

Working parents often carry an invisible mental load that doesn't end when the workday begins.

School anxiety. Screen-time battles. Neurodiversity concerns. Sleep deprivation. Constant decisions.

These realities quietly shape focus, energy, communication and performance at work.

In this deeply human keynote, Sonia explores how strengthening **self leadership** helps people navigate competing demands with greater **resilience, emotional regulation** and **clarity**.

Drawing on nearly 30 years in communication sciences and human development, she offers practical strategies that help organisations better support working parents, strengthening **wellbeing, connection, retention and sustainable performance**.

AUDIENCE OUTCOMES



HUMAN UNDERSTANDING

See the realities impacting today's working parents and carers.



SELF-LEADERSHIP

Practical tools to regulate emotions, reduce overwhelm and navigate competing demands.



CONNECTION

Build stronger communication, trust and empathy at home and at work.



FLOURISHING

Create sustainable ways of working that support wellbeing, retention and performance.

“ When organisations support the whole human, performance, loyalty and wellbeing naturally follow. ”

IDEAL FOR



WORKING
PARENT NETWORKS



EMPLOYEE
RESOURCE GROUPS



HR & PEOPLE
& CULTURE



LEADERSHIP
TEAMS



WELLBEING
CONFERENCES



FAMILY-FRIENDLY
ORGANISATIONS



“

Eloquent, innovative and inspirational, I would recommend Sonia highly.”

Si Ning Koh, Head of Organisational Growth & Development at Orchard Early Learning Group

“

She is engaging and helps those she coaches, teaches and mentors to reach greater depth without over-complicating things.”

Dave Jereb - Senior Occupational Therapist, Author, Co-Founder of Moveabout Therapy Services & The Allied Health Sanctuary

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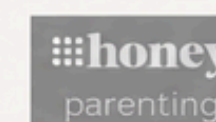
Sonia tailored an interactive session focusing on Confidence and Wellbeing, addressing “The Confidence Gap” when returning from parental leave.”

Amy Voss, Lead ANZ Women’s Network, Boston Scientific

Awards



As Seen In



EVERY ORGANISATION HAS A DIFFERENT *HUMAN STORY*.

No two organisations face exactly the same challenges.
Every audience brings its own pressures, priorities and people.

That's why every keynote begins with a conversation.

Together, we'll identify what's happening beneath the surface and tailor the keynote to support the outcomes that matter most for your organisation.



EXAMPLES OF TAILORED KEYNOTE THEMES



SUPPORTING WORKING PARENTS

Helping organisations better understand the invisible load carried by working parents and carers — strengthening wellbeing, retention, confidence and performance.



RETURNING TO WORK WITH CONFIDENCE

Supporting employees returning from parental leave to rebuild confidence, reconnect with purpose and thrive in their next chapter.



NEURODIVERSITY & ADDITIONAL SUPPORT NEEDS

Building greater understanding of the realities facing families navigating neurodiversity or additional support needs — creating workplaces where empathy and flexibility become strengths.



LEADERSHIP DURING CHANGE

Helping leaders communicate with clarity, regulate under pressure and lead people through uncertainty with greater confidence.



HUMAN-CENTRED COMMUNICATION

Strengthening conversations, trust and psychological safety across teams through practical communication and self-leadership.



WELLBEING WITHOUT BURNOUT

Moving beyond resilience alone to create sustainable ways of working that support performance and people.



BUILDING FLOURISHING CULTURES

Strengthening belonging, accountability and human connection to create workplaces where people and performance grow together.



CROSS-GENERATIONAL LEADERSHIP

Helping leaders better understand the needs, motivations and communication styles of today's multigenerational workforce.



EVERY KEYNOTE IS THOUGHTFULLY SHAPED AROUND **YOUR PEOPLE**,
YOUR PRIORITIES AND THE **OUTCOMES** YOU WANT TO CREATE.

OTHER WAYS TO WORK WITH *SONIA*



STAFF DEVELOPMENT &
TRAINING PROGRAMS



CONSULTING & ADVISORY



MENTORING & COACHING



CUSTOMISED WRITTEN ARTICLES



CUSTOMISED AUDIO CONTENT



ORGANISATION SPECIFIC PODCAST





THANK YOU



*Every meaningful partnership
begins with a conversation.*

I'd love to explore how we can create an
experience that genuinely moves your people.

ENQUIRE NOW

LinkedIn®



RAISING EMPOWERED HUMANS™