



THE NEUROSCIENCE OF HIGH PERFORMANCE

NEUROSCIENTIST ■ BEST-SELLING AUTHOR ■ KEYNOTE SPEAKER



WHO IS DR MARK WILLIAMS OAM?

Dr Mark is a **neuroscientist, best-selling author and one of the world's most sought-after keynote speakers** on how the modern world is reshaping the way we think, learn and connect.

With more than 25 years of research and teaching experience, Dr Mark is a “real” expert with a rare talent for translating complex neuroscience into simple, practical strategies audiences can put to use immediately.

He has published over 70 scientific papers, received numerous awards for his research and teaching, served on Think Tanks, and held positions at world-class institutions including MIT (USA) and leading Australian universities.

Dr Mark is recognised internationally as a leading voice on how modern life is reshaping human attention, productivity, and behaviour.

Dr Mark is not a motivational speaker who discovered neuroscience. He is a neuroscientist who discovered he could change the way people live and work by making the science practical.

Dr Mark's research focuses on the neuroscience of human potential. How the brain drives decision-making, memory, focus, resilience, and connection.

Over the past decade, he has developed evidence-based frameworks that help organisations build cultures where people genuinely thrive.

He has presented on five continents, working with corporate leaders, government bodies, high-performance teams, and universities across the globe.

Entertaining, rigorous and refreshingly down-to-earth, he leaves every audience thinking differently about who they are and what their brains are truly capable of.



Trusted by the Media

Dr Mark's expertise is in constant demand across the media, with regular appearances on Sunrise, Today, Ten News+, The Project and Sky News, and international coverage in The Guardian, The Telegraph, The New York Times, Forbes, The Economist, New Scientist and the BBC.

In 2026, he was featured on 60 Minutes in the Brain Drain episode, cementing his reputation as one of the country's most credible and compelling voices on brain science and human modern performance.



SIGNATURE KEYNOTE

THE ATTENTION ADVANTAGE

Why your highest-performing people are only half in the room and how leaders can change it.

What if the biggest performance problem in your organisation isn't talent, strategy, or effort? What if it's attention?

The average professional spends 47% of their waking hours thinking about something other than the task in front of them. Every interruption leaves a cognitive residue. Every context switch makes the next piece of deep work harder. What looks like a productivity problem is often a neuroscience problem.

The cost is enormous: slower decision-making, fragmented thinking, reduced creativity, increased burnout, and teams that are constantly busy but rarely at their cognitive best.

Most organisations have built work around responsiveness rather than attention. They reward availability, tolerate interruption, and mistake activity for impact



The Attention Advantage reveals how attention really works, why modern work environments are systematically undermining it, and what leaders can do to reclaim it.

This keynote gives audiences a practical framework for protecting focus, improving cognitive performance, and creating the conditions where people can do their best thinking.

AUDIENCE TAKEAWAYS:

- Reduce the hidden cost of interruption and context switching.
- Improve focus, decision quality, and problem-solving performance.
- Design meetings and communication norms around how the brain actually works.
- Build sustainable attention habits that improve both wellbeing and results.

This isn't another time-management session or a collection of productivity hacks.

It's a science-backed blueprint for helping high performing teams think more clearly, work more effectively, and perform at a higher level.



KEYNOTE

INFINITE POTENTIAL

Building High Performing Brains, Teams and Cultures

In a world of constant distraction, relentless change and increasing complexity, sustained high performance is no longer about working harder. It's about understanding how the brain works.

Combining cutting-edge science with practical strategies, this engaging keynote equips leaders and teams to improve focus, strengthen resilience, make better decisions and create the conditions where people and performance can thrive.

Audiences leave inspired by what's possible and equipped with practical tools they can apply immediately to unlock greater individual, team and organisational performance.

AUDIENCE TAKEAWAYS:

- Understand why today's world is exhausting our brains and what leaders can do to restore focus, energy and performance.
- Learn the neuroscience behind better decision making, resilience and sustained high performance.
- Leave with practical strategies to unlock greater potential in yourself, your team and your organisation.

KEYNOTE

THE CONNECTION ADVANTAGE

Why Trust is the Ultimate Performance Multiplier

Every organisation wants higher performance. Most focus on strategy, technology or processes. But decades of neuroscience reveal a different truth.

Drawing on his best-selling book *The Connected Species* and decades of research as a cognitive neuroscientist, Dr Mark reveals why human connection isn't a soft skill; it's a biological advantage that drives collaboration, innovation, resilience and performance.

Through compelling stories, cutting-edge science and practical strategies, audiences discover how to build the conditions where teams adapt faster, communicate better and consistently perform at their best.

AUDIENCE TAKEAWAYS:

- Discover why trust is one of the strongest predictors of team performance and organisational success.
- Learn the hidden neuroscience behind disengagement, burnout and workplace disconnection; and what leaders can do about it.
- Leave with practical strategies to build connected teams that collaborate better, innovate faster and retain top talent.

Trusted Excellence, Proven Results
SOME OF OUR PROUD PAST PROJECTS AND VALUED CLIENTS

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Continuing Education Providers

medibank

 **readytech**

Our Testimonials

WHAT CLIENTS SAY ABOUT DR MARK WILLIAMS!



I would like to extend my sincere thanks for your presentation at the ANAO's annual employee learning festival, 'LearnFest 2024.'

Your session was both engaging and insightful, and I truly appreciate the time and effort you dedicated to preparing and delivering such a meaningful presentation. It was clear that you put a great deal of thought into providing the attendees with practical, actionable strategies for building resilience and adopting effective self-care practices.

The impact of your session was evident, and staff left feeling more equipped to support their mental health and overall wellbeing, both in the workplace and in their personal lives.



Jacquie Walton
Chief Operating Officer
Corporate Management Group
Australian National Audit Office



Everyone really enjoyed the session and got a lot out of it. Personally – I have made changes and I'm sleeping a lot better. Thank you!!!



Kylie Simpson
Office of the CEO
Medibank Melbourne Hub



Thank you so much for your time yesterday. I have had some great feedback from the team.



Kelly Byrne
People & Culture Manager
The Orion Group



Numerous team members mentioned to me how valuable they found the session to be.



Shelley Collins
Executive Assistant | Financial
Services
PwC Australia

Our Testimonials

WHAT CLIENTS SAY ABOUT DR MARK WILLIAMS!



I've heard nothing but compliments about your talk. Some have even said that it's been the "best so far". How lucky were we all that you were fortuitously available that day.



Camilla
Corporate Affairs Manager
Antipodes Partners Limited



Mark presented an incredible session & workshop to our team. We could not have asked for a better keynote that was informative and entertaining. Highly recommended.



Manos Findikakis
CEO and Co-founder
Agents' Agency



I've been to numerous talks by Dr Mark Williams and seen him work his magic. He has a scientifically informed approach that many either don't know and/or are don't realise the gravity of what they have a hunch on.



Prashan Karunaratne
Course Director
Macquarie University



Mark was a brilliant speaker and we would love to have them back in the future.

He was warm and engaging people with in depth knowledge of his subject.



Marilyn Humphrey
Baw Baw Shire Council



I've seen huge changes already in the team and attitudes. One session with you has had so many positive knock-on effects.



Barbi Clendining
Co-founder
Firefly HR



Thank you so much for a brilliant session. So insightful. You provided such wisdom in an easy to understand way.



Rich
Co-founder
Upschool.co

**Engage and be inspired by Dr Mark.
Transforming events with impactful insights on
productivity, brain health, communication, and
connection.**

GET IN TOUCH TODAY

Whether you have questions, want to book a keynote, or just want to chat, don't hesitate to reach out by using the contact details below.

Contact Details



+61420 909 631



drmark@drmarkwilliams.com



PO Box 146 MONA VALE NSW 1660, AUSTRALIA