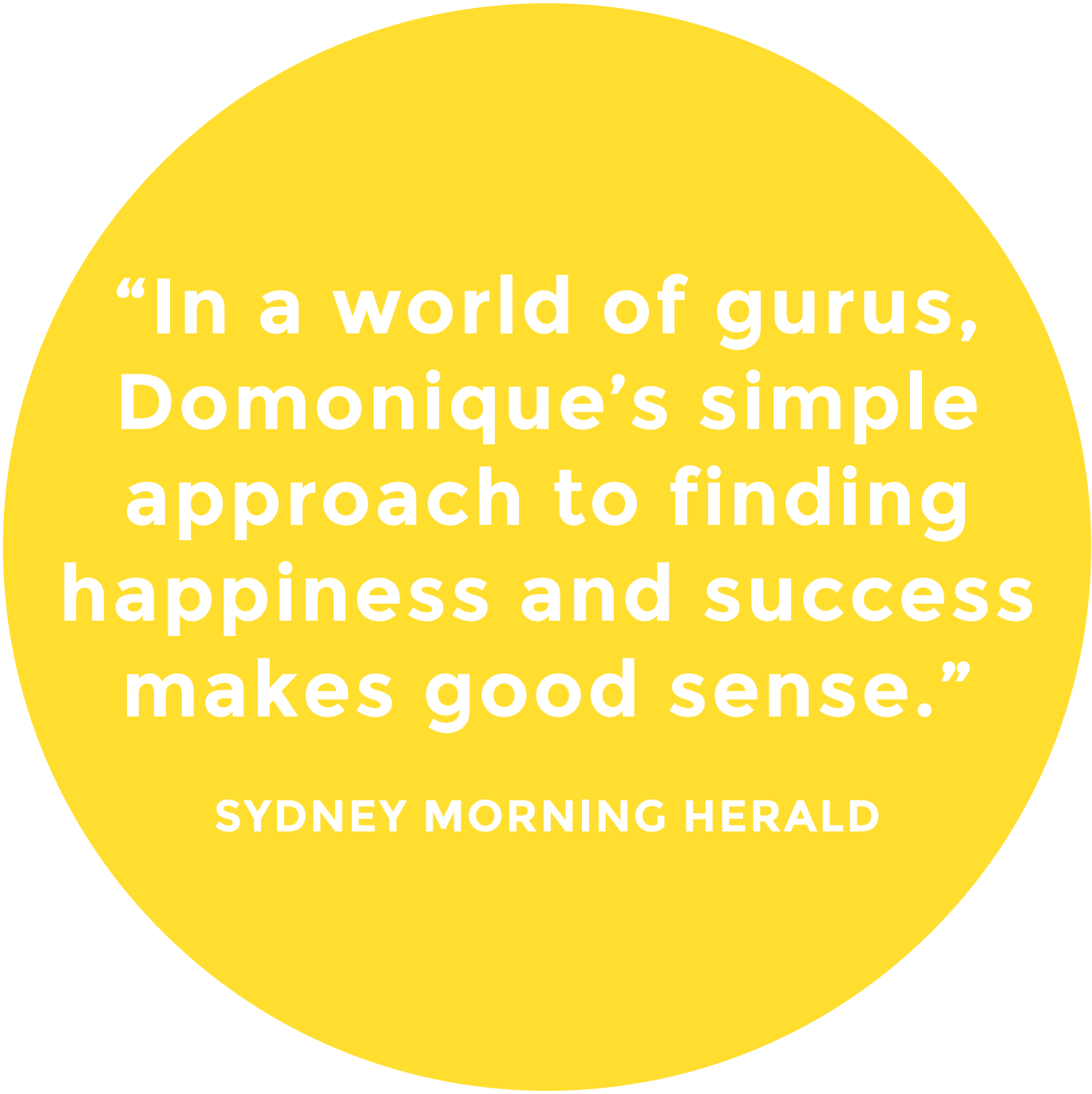


Domonique Bertolucci

#1 PODCAST HOST
BEST-SELLING AUTHOR
KEYNOTE SPEAKER





**“In a world of gurus,
Domonique’s simple
approach to finding
happiness and success
makes good sense.”**

SYDNEY MORNING HERALD

If you've ever wanted to know
what happy *and* successful people
do differently and how you can
make sure you're one of them,
you will love hearing what
Domonique has to say.



FAST FACTS

DOMONIQUE BERTOLUCCI

- Has sold over 250,000 copies of her books.
- Signed a four-series deal with Audible as a creator and host for the Audible Original Podcast Program.
- Hosts #1 Podcast on Audible - personal development category 30+ weeks in the Top 10 globally.
- Was the most senior woman in a billion-dollar company.
- Started her first career as a fashion model but was told she wasn't thin enough and that her smile was much too wide.
- Worked for a Stanford Research Institute spin-off during the first dot.com boom.
- Has spent 20 years coaching, writing, and speaking about happiness and success.
- Has given hundreds of interviews across all forms of media: TV, radio, print and online.
- Has had her advice seen read or heard by more than 10m people.
- Loves dark chocolate, good coffee, and her husband and two children.



Everyone is listening to...

WHAT DOMONIQUE HAS TO SAY



#1

**Audible Original
Podcast**

audible 

"Wonderful Work. Loved it!
Held my attention to the end.
Great for those looking for life direction."



"10 stars. A must have podcast."



Enjoyed this so very much.
Keep me wanting more.
Seriously, I want more!

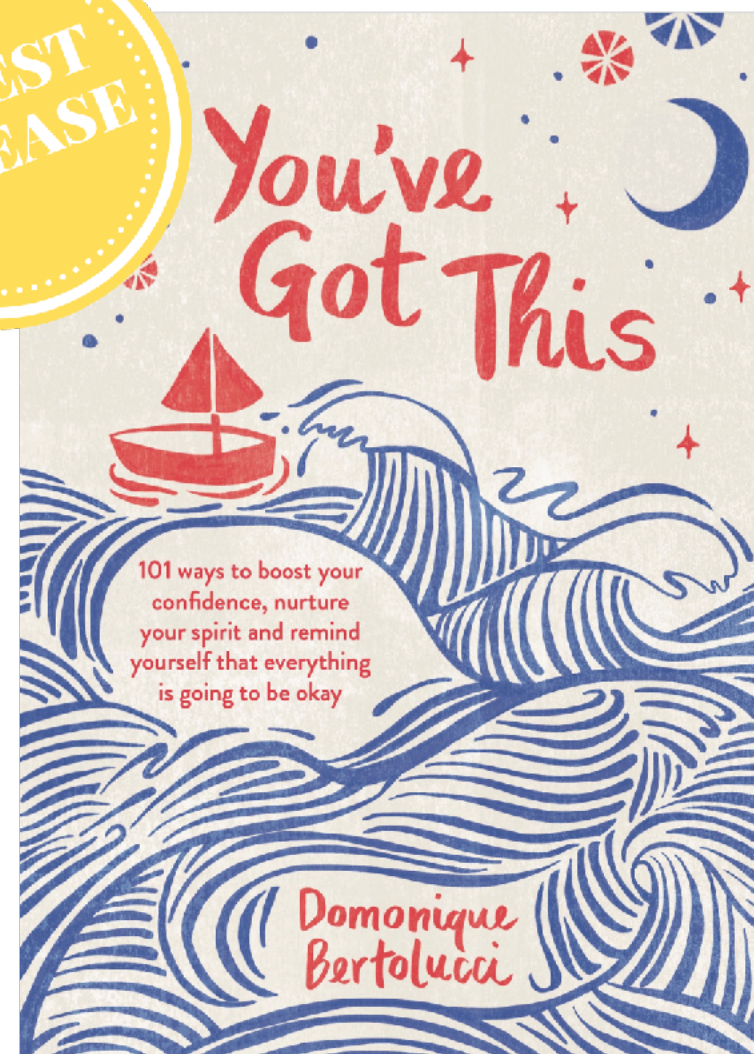


More than 250k+ copies sold

THROUGHOUT THE ENGLISH SPEAKING WORLD

Domonique's **Life Lessons** series is available throughout the English speaking world and in several European languages.

Domonique will release the first two books in her new series, **Mindset Matters**, in June '22, two more books will be added to the series in June '23.



HOT TOPICS

DOMONIQUE'S KEYNOTES AND WORKSHOPS FOCUS ON
THE THINGS EVERYONE NEEDS TO MASTER
IF THEY WANT TO LIVE A HAPPY AND SUCCESSFUL LIFE.



RESILIENCE

MOTIVATION

HAPPINESS

MINDSET

LEADERSHIP

DOMONIQUE BERTOLUCCI

The Intention Method.

HOW TO ACHIEVE YOUR GOALS WITH LESS STRESS AND MORE EASE

From a young age, we are told that we need to set goals and achieve them if we want to live a happy and successful life. But the reality is most people fail to achieve their goals, most of the time... and it doesn't feel good.

They blame themselves for lacking motivation, commitment or staying power. But what if 'we' are not the problem? What if the real problem lies with the nature of goals themselves: how we set them, when we set them, and why we set them.

Having something to aim for like goals, targets or KPIs can be really valuable. Having deep clarity and understanding of why they exist - the intention behind them - is the key to taking consistent, inspired, motivated action towards them.

Domonique will show you how to achieve your boldest ambitions with much less stress and much greater ease. You will learn why the traditional approach to setting SMART goals is outdated, what you really need to focus on if you want to live a happy and successful life,

MINDSET
MOTIVATION
GOAL SETTING
PERSONAL LEADERSHIP

YOU WILL DISCOVER:

- Why the majority of what you've been taught about goal-setting is wrong, and the right way to think about your goals instead,
- The most common reason why people fail to achieve their goals and what you can do about it,
- Why goals are only one way to get what you want and how to work out if and when you should use them
- How to maintain your motivation in an authentic and sustainable way, and
- What you really need to do when you want to achieve something, so that nothing can stop you from making it happen.

PRESENTATION
OR
WOKKSHOP

DOMONIQUE BERTOLUCCI

The Uncertainty Antidote.

HOW TO THRIVE IN UNCERTAINTY

The events of the last few years have meant that most people had to learn to adjust to change at breakneck speed. While some have been able to navigate this uncertainty successfully, many have been left feeling overwhelmed, exhausted or burnt out.

After a lifetime of being told to set goals and focus on achieving them, feeling like so much is out of their control has left a lot of people feeling anxious or demotivated - some are even questioning if they should even be bothered to try.

Rather than giving up, giving in or waiting until the future feels certain again, what they really need is a new strategy for making progress in their lives... one that is a better fit for the times we are all living in.

Domonique takes an intention based approach to creating a plan for your future, and shows you how to maintain your focus and commitment while being truly nimble as you navigate any changes that occur along the way.

MINDSET
RESILIENCE
WELLBEING
PERSONAL LEADERSHIP

YOU WILL DISCOVER:

- How to set your personal 'True North' and use this to guide you towards the things you really want,
- The three things you need to focus on to feel confident and resilient regardless of what life throws your way,
- How to pivot in a way that keeps you on track,
- The future-proof way to plan for for the things you really want, and
- The secret to consistently taking inspired, motivated action even when you are forced to deviate from your plan.

PRESENTATION
OR
WOKKSHOP

DOMONIQUE BERTOLUCCI

The Happiness Prescription.

HOW TO BE THE HAPPIEST PERSON YOU KNOW

With the 'Great Resignation', 'The Great Reflection', and the 'Big Disengagement' all well underway, there has never been a more important time to help your people to understand what makes them tick, and what they need in order to live a happy and fulfilling life.

People are asking themselves the question, 'Am I really happy?' But without proper guidance on how to explore this question, they risk arriving at quick-fix answers or making knee-jerk decisions that ultimately don't address the underlying issue.

While in the short term a dramatic change like resigning from your job can feel like a release, unless you take the time to properly understand what makes you happy, within a short period of time you will find yourself feeling just as frustrated as before.

Domonique takes a values based approach to the question, 'What makes you happy?' and shows you how to work out what to do with your answer; what you really need to change and what you want to make sure stays the same.

MINDSET
HAPPINESS
MOTIVATION
PERSONAL LEADERSHIP

YOU WILL DISCOVER:

- The four key places most people look for happiness and why you'll never find it there,
- The three fastest and easiest ways to boost your happiness regardless of your circumstances,
- The most important question you will ever ask yourself and what to do with your answer,
- Why you should start any change with a 10% improvement and how to work out what yours should be, and
- How to come up with your own unique formula for a happy and fulfilling life.

**PRESENTATION
OR
WOKKSHOP**

DOMONIQUE BERTOLUCCI

The Architecture of Change.

HOW TO MASTER YOUR MINDSET

Most people begin any change by focussing on the actions they need to take. But, taking action is actually the last place you should begin if you want to create lasting or sustainable change.

Just as an architect will create a 3D plan to understand how a finished project will look, you need to consider three spaces of change if you want to get to your desired end result – your Head Space, your Heart Space, and your Dynamic Space.

Your thoughts, your feelings and your actions.

These three aspects need to be considered together and not separately if you want to achieve your goals, create new habits, and make other changes in your life. And, to give yourself the best chance of success, you need to start any change with a solid foundation – with your thoughts.

Domonique draws on the principals of positive psychology and shows you how to master your mindset, so that creating and maintaining change in your life becomes natural and easy for you.

MINDSET
RESILIENCE
MOTIVATION
PERSONAL LEADERSHIP

YOU WILL DISCOVER:

- The three step approach to creating lasting change in your life,
- How to tell if your mindset is working for you and what to do if it's not,
- Why BHAGs (big, hairy, audacious goals) are overrated and what you should focus on instead,
- The secret to taking inspired, motivated action instead of having to force yourself to get 'stuff' done, and
- Why most people fail to achieve their goals and how to set yourself up for success every single time.

PRESENTATION
OR
WOKKSHOP

DOMONIQUE BERTOLUCCI

The Coach Approach.

HOW TO BE AN INSPIRING LEADER

Leaders are always being asked to coach their teams, but very few know what it really means to be a coach and how to make sure they are doing it well. Throw in the challenges of hybrid working and distributed teams and there has never been a more important time to harness the power of coaching to get the best out of your people.

While a good leader might know they need to direct, engage, motivate and inspire their team, a great leader knows exactly how to do it.

Domonique draws on over twenty years of experience and explains not only why every leader needs to be a coach, but what it means to be a truly intentional one, so that you can give your people the support they need to give you their best.

COACHING SKILLS
LEADERSHIP SKILLS
COMMUNICATION SKILLS

YOU WILL DISCOVER:

- The most common mistake people make when coaching and what you need to do instead,
- The four essential coaching skills everyone needs and how and when to use them,
- The three fundamental truths every good coach believes and why they matter to you and your team,
- How to coach someone out of circular thinking and into problem solving, and
- The four-step formula for high quality coaching conversations regardless of the circumstances.

PRESENTATION
OR
TRAINING

OUTCOMES

CLARITY
+
PURPOSE

CONFIDENCE
+
RESILIENCE

COMMITMENT
+
PROGRESS

**Promoting wellbeing increases engagement
+
Engaged people experience higher levels of wellbeing**

“There are many factors we can focus on to drive engagement, particularly increasing employee resources and promoting wellbeing...”

...engaged employees are much more likely to provide a high level of service, less likely to make mistakes and will experience greater levels of subjective wellbeing.”

AUSTRALIAN PSYCHOLOGICAL SOCIETY, COLLEGE OF ORGANISATIONAL PSYCHOLOGISTS.

“I absolutely love Domonique’s message.
She inspires you to choose happiness by living with
authenticity and embracing the real you. I hope you find her
as inspiring as I do.”

KRISTINA KARLSSON | FOUNDER KIKKI.K



“Super engaging with great content and actionable ideas.”
ANDREW HUGHES | DIRECTOR

“Domonique is brilliant. Book her today!”
MATT CHURCH | FOUNDER THOUGHT LEADERS

“The event was a great success and we received excellent
feedback on your presentation.”
NICOLE WALKER | EVENT MANAGER

“Domonique is a great speaker, very engaging. She gave a
really well-structured presentation with lots of tangible
messages and take-outs.”
VANESSA ROWED | MEETING AND EVENT PLANNER

“Congratulations on your superb presentation. The event
was a great success and your talk was immensely enjoyed
by all who attended.”
LYNETTE PALMEN | CEO WOMEN’S NETWORK

“Easy to listen to, captivating and very thought provoking.”
SIMON SHARPE | CPA ACCOUNTANT

“The feedback from the event was simply stunning.”
RTA NSW

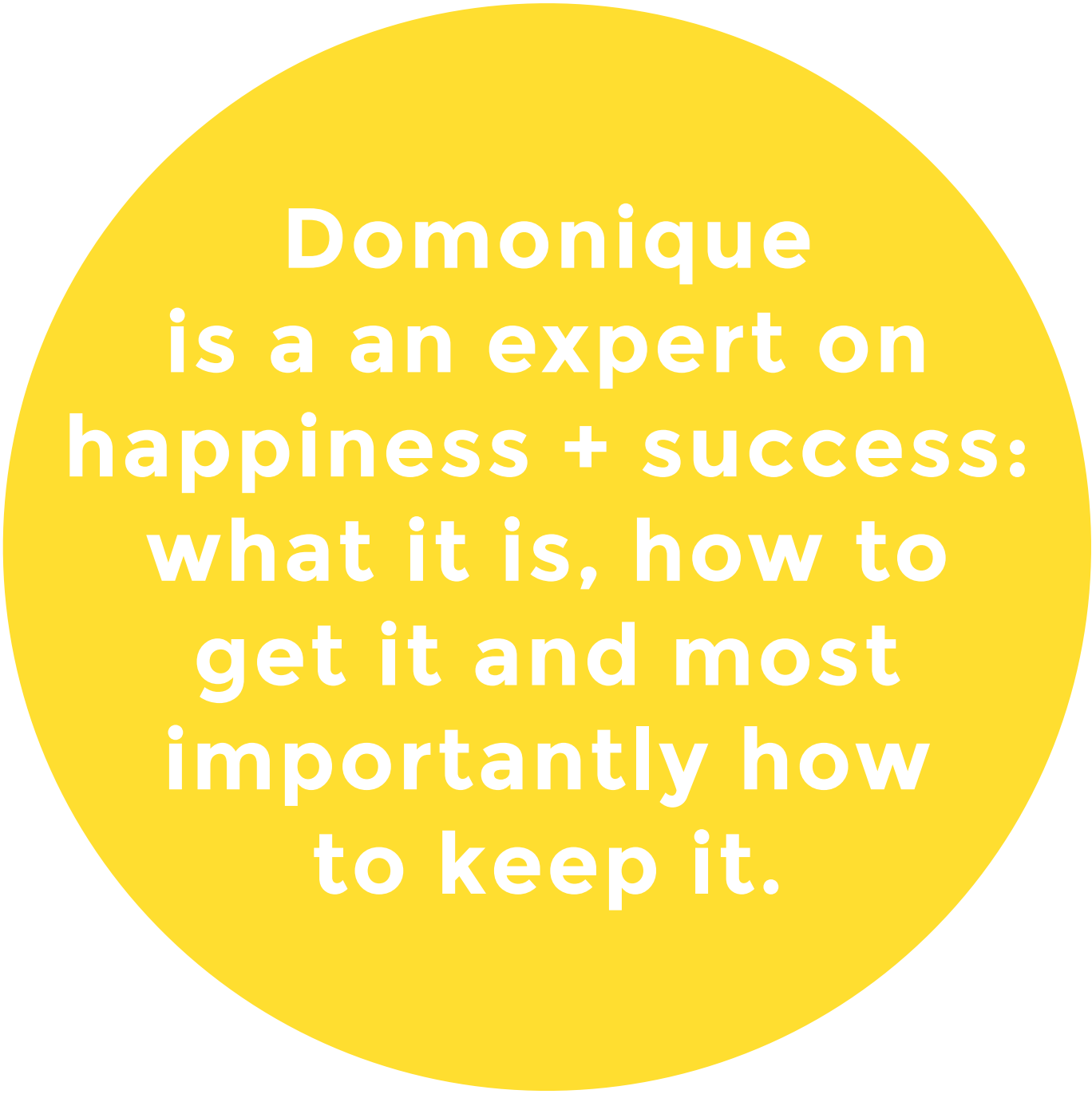
“Domonique is an extremely polished media performer and
provided a highly engaging focus for media representatives.
I can highly recommend her as an ambassador and
spokesperson.”
JOHN VINEBURG | NSW LOTTERIES

“Simple, practical and applicable.
Everything she said made so much sense”
BARARA DERWENT | EXECUTIVE

“Excellent, thought provoking and very relevant today.”
ELIZABETH MONTAGUE | HR MANAGER

“Domonique exudes passion and is so authentic”
DR ADAM FRASER | PEAK PERFORMANCE

“Domonique was brilliant.
She had the audience glued to every word.”
PETER TALIANIS | REAL ESTATE DIRECTOR



**Domonique
is a an expert on
happiness + success:
what it is, how to
get it and most
importantly how
to keep it.**

Domonique Bertolucci.

IS ON A MISSION TO SHOW YOU HOW TO FEEL GOOD
ABOUT WHO YOU ARE AND THE LIFE YOU LIVE.
NOT JUST SOMEDAY, EVERY DAY!

Domonique is the bestselling author of **The Happiness Code: Ten keys to being the best you can be** and seven other books about happiness: what it is, how to get it and, most importantly, how to keep it.

She has spent the last twenty-five years working with large corporates, dynamic small businesses and everyday people, teaching them how to get more happiness, more success and more time just to catch their breath.

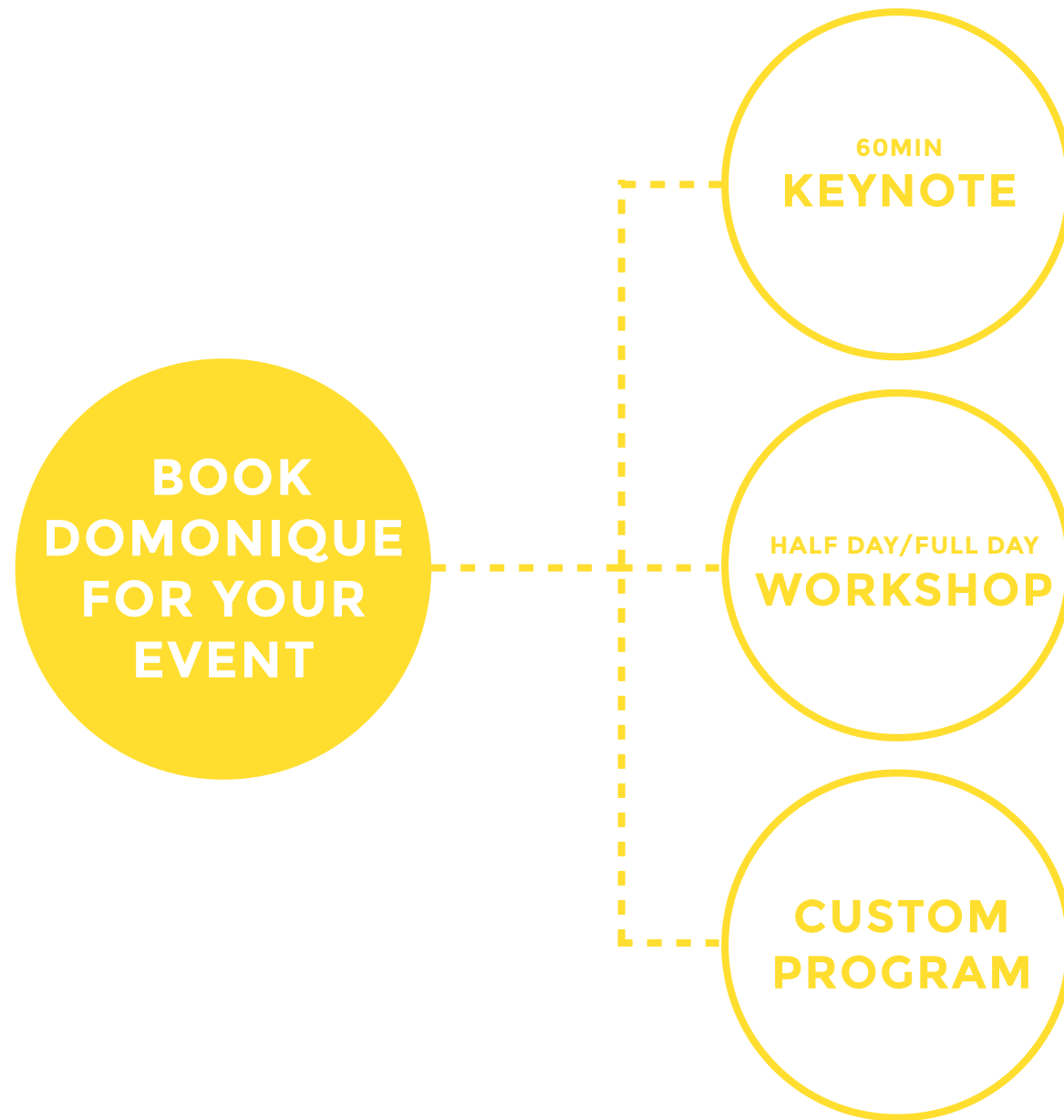
Domonique has lived and worked in London, New York, Singapore, Luxembourg, Perth and Sydney. Prior to starting her own business in 2003, she worked in the cutthroat world of high finance where she gained a reputation as a strategic problem solver and dynamic leader. In her final corporate role, she was the most senior woman in a billion-dollar company.

Domonique's readership spans the English-speaking world, and her workshops, online courses and coach training programs are attended by people from all walks of life from all around the globe; people who want more out of life at home, at work and everywhere in between.

As well as being an accomplished professional speaker, Domonique is the host of two top rated Audible Original Podcasts, **The 7 Step Mindset Makeover** and **The 9 Step Negativity Detox**, as well as the Audible Original Audiobook **This Year Will Be Different**. She has given hundreds of interviews across all forms of media including television, radio, print and digital media; more than 10 million people have seen, read or heard her advice.

When she is not working, Domonique's favourite ways of spending her time are with her husband and two children, reading a good book and keeping up the great Italian tradition of feeding the people that you love.

Domonique jokes that she has nearly as many passports as James Bond. She is Australian by birth, Italian by blood and British by choice. She is currently based in Sydney, Australia.



Please contact us if you are unsure about what structure or topics will work best for your audience or event.

ALL PROGRAMS ARE AVAILABLE
FACE-TO-FACE OR VIRTUALLY.

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