

Tami Roos



Keynote / Health & Wellness

Motivation / Inspiration

Based in: Melbourne

SPEAKER DETAILS

Returning to studies to earn her PHD in Parapsychic Science with her dissertation on meditation, Tami Roos came to a life-changing realization. And that is alignment with our untapped highest potential is the missing link to a life of fulfillment and well-being. The tool that leads us there: meditation.

Today as the acclaimed author of Amazon's best seller Presence to Power: I AM the Gift, Tami offers timeless wisdom for the individual seeking to slow down, gain clarity and experience more calm in their life. By embracing the tools and techniques highlighted throughout the book, readers have the ability to positively influence their lives, relationships and business.

An accomplished keynote speaker Tami addresses audiences ranging from CEO's looking to embrace more influence, efficiency and professional impact – to those people seeking to access the power mindfulness has to improve their lives.

Understanding the significant impact meditation can have on the mental states and performance of professional athletes, Tami has led programs for the Melbourne Demons and the Sydney Swans. She co-authored *Sport is Life, Life is Sport* with her husband Paul Roos, former professional Australian Rules Football player and Premiership Coach. The book focuses on practical insights into life balance, meditation, family, travel, leadership, mentoring and coaching.

Testimonials

“During our Leadership Conference when we were all fading by mid-afternoon, Tami came along and brightened up our day by guiding us through her meditation technique that resulted in new energy, clarity and purpose. It was the talk of our conference as one of the best sessions. Thank you for this gift.”

Simone Wright
VP Human Resources Asia Pacific Pearson

*“Thank you for providing us all with a wonderful gift! I am a big believer in things occurring at the right time for the right reason and your book came into my life at precisely the right time. Challenges always present us with a choice. You can choose to be overwhelmed and fall victim to your current circumstances or you can take control of your life by learning to quiet them mind, listen to your heart and reconnect with your true self. We must believe in ourselves and our ability to cultivate happiness in our lives and *The Gift* is a wonderful reminder and teacher on how to do so. I love it!”*

Layne Beachley
7 Times World Surfing Champion