



**Sonia**  
MCDONALD

# Keynote Speaker for Inspiring Leaders across the Globe

GET IN TOUCH

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# Why Sonia is one of the WORLDS LEADING FEMALE SPEAKERS

As A Proven World-Class Professional Speaker She Has The Skills To Inspire Courageous Action



Sonia creates an empowering experience for her audience. Her high-energy, honesty and humour paired with actionable and practical advice, leaves her audience with the skills, drive and confidence to take courageous action and inspire great leadership.

Whether it's a conference, a networking breakfast, a team building day or an annual event, Sonia customises the keynote or workshop with topics including leadership, courage, kindness, culture and women empowerment to make your next event one that your audience will talk about for months to come.

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*Sonia spoke at our company's annual International Women's Day event 2022 and all our team and our guests absolutely loved her presentation. We have received feedback from many people that Sonia was inspiring and created a great positive energy in the room. Sonia really understood our company's core values and tailored the presentation to our needs. This has been one of the best industry events we have hosted and having Sonia as a speaker definitely played a role in this success. - Wolter Consulting Group*

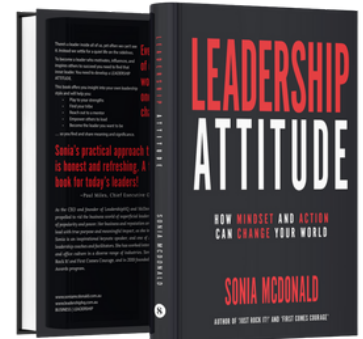
With a focus on the latest research in neuroscience combined with a story-telling approach, Sonia's keynote topics help you discover the power of leading with courage, kindness, impact and purpose.

**All of Sonia's keynotes can be bespoke and customised. She has several keynotes to choose from. Contact her team to find out more.**

# Keynote Topics

## Leadership is an Attitude

This powerful keynote is based on Sonia's cutting-edge book *Leadership Attitude*, which explores why leadership is not defined by a role or a title. Discover the keys to a leadership attitude and learn how you can be a leader through your attitude, values, actions, mindset and behaviour. This keynote has been transformational for thousands of leaders worldwide, leaving the audience inspired to be the leader they want to be.



*Sonia is an outstanding motivational speaker who inspires her audience to be inclusive and balanced leaders and you always leave wanting to hear more. Thankfully she also has wonderful books to support your journey to not only outstanding leadership, but courage and growth.* - **Queensland Department of Education**

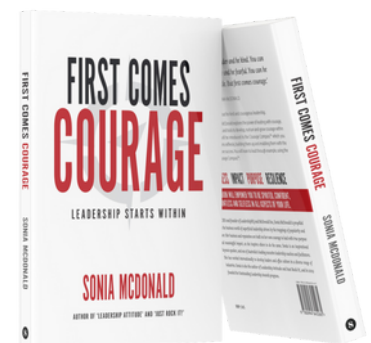
## Just Rock It!



This high-energy and inspiring keynote based on Sonia's second book, *Just Rock It!* has become a life-changer for many people. Discover how to embrace fear to lead with confidence, courage and conviction. Sonia empowers her audience to shine and stand tall and be the impact they want to be, leaving the room wanting to rock their life and leadership.

## First Comes Courage

Leadership starts within. This is the premise of the book and keynote *First Comes Courage*. Sonia will take your audience through the virtues and keys to courageous leadership and how to embrace the First Comes Courage methodology and compass. You will discover the keys to leading with courage through the lens of kindness, purpose, impact and resilience.





# Keynote Topics

## **Courageous Mindsets: Unleashing Leadership Potential**

Sonia blends neuroscience and leadership to unveil the science of courage. Learn how to overcome fear and cultivate bold leadership through practical strategies and inspiring insights.



“

*Sonia is an outstanding motivational speaker who inspires her audience to be inclusive and balanced leaders and you always leave wanting to hear more. Thankfully she also has wonderful books to support your journey to not only outstanding leadership, but courage and growth. - Sharlene Emanuel*



## **Future First Leadership: Honing New Leaders**

Sonia provides actionable insights and guidance for new leaders embarking on their leadership journey, emphasizing adaptability, courage, and empathy.

## **Five Pillars of High Performance Teams: Safety, Connection, Clarity, Ownership, Performance**

Sonia reveals the five pillars of high-performance teams, guiding leaders to foster trust, collaboration, and accountability. Learn how to propel your team towards peak performance and collective success.



# Keynote Topics

## The Leadership Triangle: A Framework for Excellence

Explore Sonia's Leadership Triangle—a roadmap for extraordinary leadership. Discover how to embody integrity, humility, and purpose, igniting positive change within yourself and your organization.



## Leadership Balance: Balancing Success and Well-Being

Sonia delves into the vital link between well-being and leadership. Gain practical strategies to prioritise self-care, resilience, and mental health, fostering environments where individuals thrive personally and professionally.

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# MAKE YOUR NEXT EVENT OUTSTANDING

## ENQUIRE TO BOOK



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# Testimonials

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*"Sonia McDonald is an inspirational keynote and workshop presenter with a distinctive ability to bond and engage with her audiences. Sonia is well-known for her dynamic, charismatic workshop/presentation style and people walk away on an emotional and inspired high, feeling informed."* - **HR Architect**

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*"Sonia is an enthusiastic speaker who communicates complex concepts in an entertaining and engaging manner. Her depth of knowledge and understanding of leadership is exemplified in the detail she goes into in her presentation. There's no fluff, just substance and she'll give you skills to take home, tell others and start using immediately to better you, your company and everyone around you."* -

**La'Quar**

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*"Sonia facilitated the Women in Mantra leadership workshop for us on International Women's Day. Her passion and energy left our Team Members feeling inspired to achieve leadership roles at Mantra Group, and they have already set up local networking groups and put measurable goals in place."* -

**Mantra**

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*"Sonia combines bucket loads of passion for her clearly defined purpose, a thorough grounding in the principles of leadership and neuroscience, and an engaging personal style which makes her an adaptable and engaging presenter in front of any audience. Presenting at the LeadX event Sonia had the audience captured with her energy and compelling story telling, leaving all attendees empowered to surround themselves with the right people and confident to take risks to learn and lead."* - **Revelian**

# Sonia's Clients

