



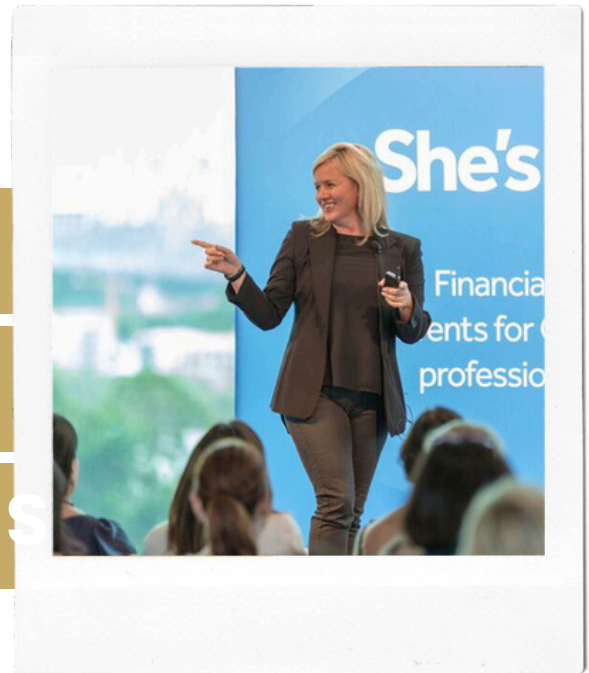
Sonia
MCDONALD

**Science-
Driven.
Heart-Led.
Leadership
for the Future.**

Why Sonia is one of the

WORLD'S LEADING

KEYNOTE SPEAKERS



Sonia McDonald doesn't just talk leadership—she rewires it.

Her keynotes don't just inspire—they activate.

Blending neuroscience with real-world grit, Sonia flips old-school leadership on its head and makes it bold, brain-savvy, and unapologetically human. With over 30 years of experience and a fire to create courageous change-makers, she's on a mission to empower leaders to lead with both heart and brainpower. This isn't theory—it's science-backed leadership that actually transforms people, teams, and futures.

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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 her signature blend of sass, smarts, and science, Sonia lights a fire in every room she enters. She fuses neuroscience with practical, no-fluff strategies to help leaders own their power and lead with courage. Audiences don't just leave motivated—they leave ready to lead, ready to act, and ready to change the game.

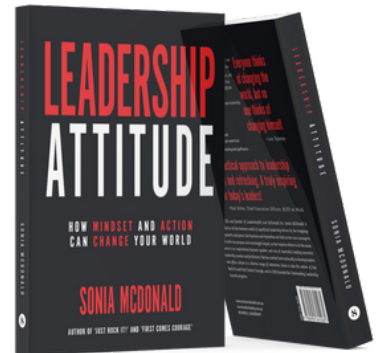
Sonia has numerous keynotes to choose from and all can be bespoke and customised. Contact her team to find out more.



Keynote Topics

Leadership is an Attitude

Leadership isn't about fancy titles or corner offices—it's about how you show up every day. This keynote is an empowering session designed for leaders, aspiring leaders, and anyone ready to elevate their impact—whether in the workplace, their community, or their personal lives. This isn't just a keynote; it's a wake-up call to step into your power and lead like you mean it.

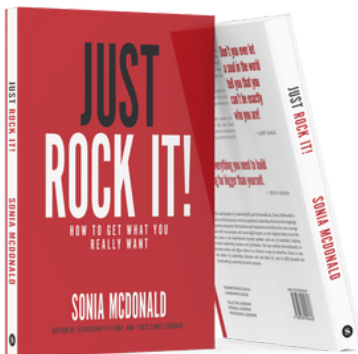


Sonia is an outstanding motivational speaker who inspires her audience to be inclusive and balanced leaders and you always leave wanting to hear more. Thankfully she also has wonderful books to support your journey to not only outstanding leadership, but courage and growth.

- Queensland Department of Education

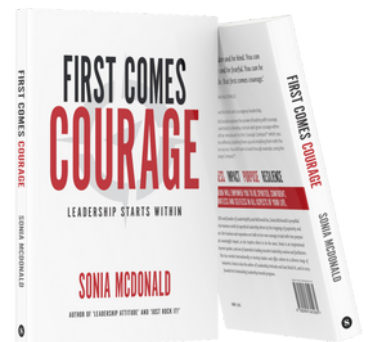
Just Rock It!

Feel like fear is holding you back? It's time to kick it to the curb. In this high-energy keynote, Sonia shares her proven formula for faking it till you own it, silencing self-doubt, and rocking your leadership with confidence. It's about courage, not perfection—because imperfect action always beats standing still. Perfect for leadership conferences, corporate team-building events, or any company striving to build a culture where individuals dare to dream, act, and lead boldly.



First Comes Courage

In a world where leadership demands more than just skills and strategy, Sonia uncovers what it truly takes to lead—heart, courage, and grit. Through powerful storytelling, actionable insights, and a focus on authentic leadership, this keynote challenges audiences to lead with purpose, kindness, and bold determination. This keynote is a call to lead differently—to lead with humanity. Sonia challenges audiences to step up, embrace vulnerability, and lead with purpose and heart, even when the path isn't easy.



The Super Leader: Building Teams That Thrive

What's the secret to building teams that not only perform but truly thrive? It's all about leading with heart, clarity, and unwavering strength. In this dynamic keynote, Sonia reveals the tools and strategies to transform your team into a high-performing powerhouse. From fostering trust and connection to driving results with purpose, this is your playbook for creating a team culture that shines.

Kindness is the Superpower: Changing the Leadership Game

Forget the old-school, hard-nosed leadership approach—kindness is where it's at. Sonia flips the script, showing how leading with kindness and empathy creates engaged teams, resilient leaders, and organizations that leave a lasting impact. Packed with stories and actionable insights, this keynote proves that kindness isn't just nice; it's powerful.



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

The Stoic Leader: Leading with Resilience and Purpose

In a world of constant change and chaos, calm, composed leadership is the ultimate superpower. Sonia's "The Stoic Leader" keynote draws on timeless Stoic principles to teach you how to lead with clarity, courage, and unwavering purpose. Packed with practical wisdom and real-life applications, this talk equips leaders with the mindset to navigate challenges, stay grounded under pressure, and inspire those they lead.

MenoRise Power: Embracing Change, Redefining Leadership

Menopause isn't the end—it's a rebirth. In "MenoRise Power," Sonia redefines what it means to lead during life's transitions, showing how embracing change can unlock unprecedented strength, confidence, and clarity. Whether it's menopause or other life shifts, this keynote empowers women (and men!) to embrace their next chapter with boldness and purpose.



The Power of Neuroscience: Unlocking the Leader Within

What if you could rewire your brain to be a more effective, confident, and inspiring leader? In "The Power of Neuroscience," Sonia McDonald reveals the groundbreaking science behind how our brains work—and how to harness that power to lead with clarity, emotional intelligence, and resilience. This keynote blends cutting-edge neuroscience with practical strategies to help leaders unlock their potential, make better decisions, and inspire their teams like never before.

Unlock Your Potential with the Future Me Theory™

In this keynote, you will discover why playing small is no longer an option, how to leverage the neuroscience of change to rewire your brain for success, and the power of making decisive choices with the "Hell Yes" Test. Learn how to integrate these principles into your life to not only envision but become your future self. Get ready to challenge your limits, embrace bold changes, and step into a future crafted by your highest ambitions and boldest dreams.

More New Keynotes

Keepin' It Real: The Raw Truth About Authentic Leadership - Strap in to discover how dropping the facade can elevate your leadership game to legendary status.

Fearless or Bust: Leading with Grit in the Face of Uncertainty - Learn to dance in the rain of chaos and lead your team to sunshine with unwavering courage.

Heart Leads: Why Empathy & Kindness Are Your Secret Leadership Weapons - Unleash the power of giving a damn, and see how it turns your team into an unstoppable force.

From Zero to Hero: Crafting Teams That Slay - Transform your crew from a band of underdogs to a squadron of superheroes, all with the power of epic leadership.

Change Makers: Leadership's Crucial Role in Shaping a Better World - Step up and stand out as a leader who doesn't just talk the talk but walks the walk on social change.

AI at the Helm: Future-Proof Leadership with Smart Tech - Get ahead of the curve by integrating AI into your leadership strategy and make 'doing more with less' your new battle cry.



MAKE YOUR NEXT EVENT **OUTSTANDING**

- **Diversity Champion Award** from Australian Centre for Leadership for Women (ACLW)
- **Named in the Richtopia Top 250 Female Leaders across the globe.**
- **Named Top 100 Australian Entrepreneurs by Richtopia**
- **LinkedIn Top Voice with over 70k followers**



Norman
Waterhouse
Lawyers



Sonia
MCDONALD

Testimonials



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

Sonia spoke at our company's annual International Women's Day event 2022 and all our team and our guests absolutely loved her presentation. 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

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

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

"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 Include:

