Hello everyone and thank you for the opportunity to be a part of this great initiative and present to you today.

My name is Gary Fahey and I am a behaviour and performance coach with a background in Health Science, Neuro Linguistic Programming and Strategic Intervention, but for 18.5 years I was a member of the Australian Federal Police, ultimately building and managing high performance teams and individuals as Team Leader for the Prime Minister’s Protection Team and as the Executive Officer to the Commissioner, responsible for the strategic, operational and administrative direction of the Commissioners Office.

This gave me the opportunity to work with, learn from and mentor many high performing women in our organisation, in government and in business,

And although my current business has a focus on high performing but struggling men, around 40% of my high-end clients are typically female and there’s a very good reason for this

My coaching and mentorship largely focuses on helping individuals and teams reach their potential in alignment with their purpose and true identity.

Typically when this is out of alignment we see greater incidences of stress, depression, anxiety, anger, addiction or quite simply high levels of unfulfillment.

Why is this especially relevant to women?

From my experience, both with the women I have worked with and those I have learned from, social conditioning has taught us all, but in particular women emerging into an empowered world, given the dominance of men in positions of power around the world we have been sub-consciously conditioned to believe traits more considered masculine have been responsible for this rise.

It is no surprise then that many women, whether in politics, business or even simply moving out of roles more traditionally undertaken by women, including home duties, adopt masculine traits, more specifically traits that may nit align with their true identity in the belief, and perhaps reality that this is what it takes to be successful.

This naturally creates a conflict between behaviour and values or purpose and finds a lot of women questioning their position either through lack of fulfilment or never quite fitting in – in particular in the face of messaging, either passive or aggressive, that can reinforce this.

The fallout from this is many women become burnt out, unfulfilled, drop out of roles, battle increased incidence of mental health issues or continue to perpetuate the misconception that masculine traits are responsible for success, further inculcating this belief in the next and future generations of women.

My focus specifically centres around helping todays women, not only achieving their potential and high performance, but doing so while also observing, understanding and fulfilling their purpose and identity, whatever that looks like to them.

This process allows and supports women of all demographics build meaningful lives, careers and relationships that not only satisfies their ability to achieve their desired vocation or lives to the highest standard, but also to maintain a sense of purpose and identity more closely aligned to their true self leading to greater fulfilment and greatly decreased incidence of stress, mental health issues, overwhelm and despondence.

I’m looking forward to presenting practical steps and measures to conference participants on achieving their version of success in line with the happiest version of themselves.

Thank you again for this opportunity to be a part of a fantastic initiative.