



SOPHIE BRET AG

KEYNOTES & SERVICES

AUTHENTICITY | KINDNESS | COURAGE | INTEGRITY | CREATIVITY

MEET SOPHIE

AUTHOR | SPEAKER | SELF KINDNESS EXPERT

Sophie Bretag is an international award-winning Self-Kindness Expert, executive HR consultant and best-selling author of *The Kind Way*. With nearly two decades of senior leadership and HR experience, she blends commercial acumen with deep human insight.

Working at the intersection of emotional intelligence, neuroscience, positive psychology and HR strategy, Sophie helps leaders build sustainable capacity, not just short-term performance. She is known for translating complex ideas into practical tools that shift how leaders think, lead and show up.

Focused on self-kindness and leadership wellbeing, Sophie supports leaders to protect their mental health, set clear boundaries and create high-performing workplaces, reframing kindness as a strategic leadership advantage.

Sophie was named a LinkedIn Top Voice in 2024 and 2025, an invitation-only recognition for global contributors demonstrating expertise and impact.

Through her speaking, writing and consulting, she is leading a movement to rehumanise leadership, placing people, performance and wellbeing at the centre of organisations.

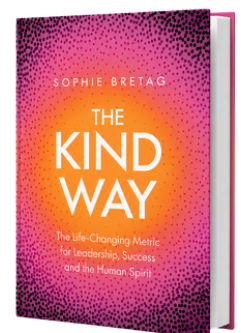


IF KINDNESS & LEADERSHIP WERE A SPORT, SOPHIE WOULD BE AN OLYMPIAN. SOPHIE IS A BRILLIANT EXAMPLE OF A WELL-ROUNDED & IMPACTFUL LEADER AND BRINGS TO THE TABLE A DEPTH OF INTEGRITY AND AN OUTSTANDING DESIRE TO MAXIMISE PEOPLE'S POTENTIAL.

AUTHOR

The Kind Way

The Kind Way is an invitation to lead differently, toward a future where success and humanity coexist, and where leadership leaves a sustainable, meaningful legacy.



AS FEATURED IN

WellBeing **Forbes**

CEO MAGAZINE
INSPIRING THE BUSINESS WORLD

hrdaily

news
.com.au

BODY +soul

Woman's Weekly

women's
AGENDA

amazing
workplaces

HRD
HUMAN RESOURCES DIRECTOR
AUSTRALIA

Wellness on Time
Magazine

Rise of
Happiness

BUSINESS BUILDERS

KEYNOTE SPEAKER

SPEAKING TOPICS

THE KINDNESS ADVANTAGE: LEAD WITH HEART IN A HIGH-PRESSURE WORLD

For: Leaders navigating complex teams and constant demands.

- Discover how kindness, optimism and psychological safety drive engagement and performance.
- Explore how to lead with emotional responsibility and empathy without burning out.
- Gain actionable tools for boundary-setting, gratitude-based connection and authentic influence.

Kindness isn't soft — it's the new superpower of sustainable leadership.



NAVIGATING CHANGE : FROM BURNOUT TO BALANCE

For: High-achieving professionals and leaders running on empty.

- Reframe resilience as recovery and reconnection, not endurance.
- Learn science-based tools to regulate stress, reset your nervous system and rebuild energy.
- Walk away with practical self-kindness habits that turn survival into sustainable thriving.

A restorative keynote that helps high performers reset, refocus and rise again — with kindness as the catalyst.

THRIVING THROUGH CHANGE: BUILDING OPTIMISM, AGILITY AND SUSTAINABILITY

For: Teams and leaders facing transformation, uncertainty and change fatigue.

- Learn evidence-based strategies to stay grounded, agile and positive through disruption.
- Use mindfulness, self-kindness and optimism practices to maintain energy and clarity.
- Leave inspired and equipped to create calm and connection — even when things are messy.

A keynote for those ready to replace fatigue with focus and challenges with calm confidence.



SOPHIE IS A WARM, ENGAGING AND BIG-HEARTED LEADER. SHE IS SOMEONE WHO WALKS HER TALK AND HAS INSATIABLE BELIEF IN THE HUMAN SPIRIT.

PROUDLY
PRESENTED AT:



The background of the page is a blurred photograph of a workshop or conference. On the left, the back of a person's head and shoulders are visible. In the center, a large screen displays a presentation with a blue and white color scheme. To the right of the screen, a person's arm and hand are visible, holding a small object. The overall scene suggests a professional gathering or training session.

INTERACTIVE LEADERSHIP WORKSHOPS

Building Resilience and Protecting Capacity

Built around Sophie's ENERGY framework, this workshop provides tools for nervous-system regulation and establishes sustainable capacity plans, ensuring teams thrive in today's demanding environment.

Rehumanising Leadership

This workshop translates keynotes into action, focusing on psychological safety and trust-building tools to create a practical culture-shift action plan aligned with organizational values.

WORKPLACE WELLBEING WORKSHOPS/RETREATS/ CONNECTION EVENTS

The Workplace Wellbeing Immersive Offerings are designed to enhance employee resilience and overall mental health. Delivered personally by Sophie Bretag, a certified Breathwork Facilitator, Forest Bathing and Nature Therapy Facilitator, Meditation Teacher, and Connection Circle Facilitator, these offerings focus on nurturing the whole person. Each session is tailored to address specific needs, whether it's guided breathwork to help regulate the nervous system or immersive nature experiences that promote calm and clarity. Participants will leave with practical tools to manage stress and foster emotional wellbeing.

WHY SOPHIE?

WHAT SETS SOPHIE APART?

AUTHENTICITY, LIVED EXPERIENCE AND A DEEP
COMMITMENT TO LEADERSHIP WELLBEING.

She doesn't just talk about leadership, resilience and mental health – she's lived it. As a sought-after speaker and panellist for major events, she delivers impactful, heart-led conversations that challenge the status quo and spark real change.

Sophie has captivated audiences on renowned podcasts sharing her powerful insights on self kindness, boundaries, and sustainable leadership. Whether in corporate boardrooms, conference stages, or intimate workshops, her ability to connect, uplift, and empower leaves lasting ripples of transformation.

- **Engaging & Impactful** – Sophie doesn't just present; she connects. Her talks inspire action, reflection and meaningful shifts.
- **Evidence-Based & Heart-Led** – Backed by research in neuroscience, emotional intelligence and positive psychology, Sophie's strategies are both practical and transformative.
- **Authenticity & Relatability** – As a mother, business leader and advocate for mental health, Sophie brings a relatable, down-to-earth approach that resonates deeply with diverse audiences.
- **Proven Expertise** – With a wealth of experience leading wellbeing-focused discussions in industries ranging from finance to healthcare, she knows how to tailor her message to engage and inspire any audience.

If you're looking for a speaker/facilitator who brings warmth, wisdom and an unwavering commitment to kindness-led leadership, Sophie is your person. Watch your team leave feeling empowered, inspired and ready to lead with heart.

HR, Leadership Strategy, Leadership Development and Workplace Wellbeing all work together to create a sustainable workplace culture that promotes wellbeing and high performance across all levels.



"SOPHIE PROVES THAT ONE CAN BE WARM, KIND, SMART, DETERMINED, ETHICAL AND STRONG."

”

SOPHIE LEADS BY EXAMPLE. SHE IS AN IMPRESSIVE AND SKILLED LEADER WHO WILL CHALLENGE YOUR THINKING AND IGNITE YOUR ENERGY.

SOPHIE IS ONE OF THOSE RARE LEADERS WHO TRULY WALKS HER TALK. A PASSIONATE ADVOCATE FOR BRINGING KINDNESS, AUTHENTICITY AND PSYCHOLOGICAL SAFETY INTO THE WORKPLACE.

THANK YOU

Thank you for taking the time to learn more about my work and the impact of kindness-led leadership. I believe that when we prioritise self kindness, wellbeing and authentic leadership, we create ripple effects that transform workplaces, communities and lives.

If my message resonates with you and you'd like to collaborate, I'd love to start a conversation about how we can create real, lasting change, together.

Sophie Bretag

CONTACT

Adelaide, South Australia

info@mettaleaders.com

(+61) 0400694561

www.mettaleaders.com

