

SPEAKER KIT 2026

Sophie K

THE THRIVE PERFORMANCE EXPERT

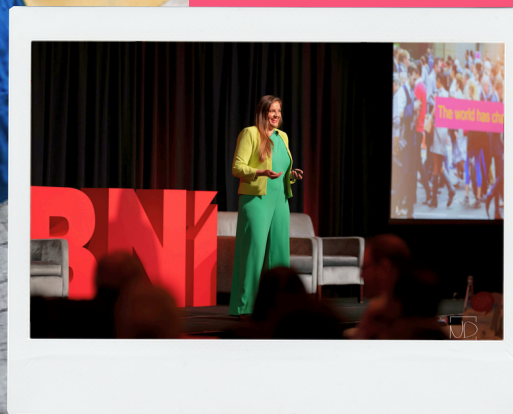
www.sophieK.co.nz



*Pressure is not going away.
Let's help people meet it differently.*

Re-engineering how organizations meet pressure, protect their people's energy, and achieve high-impact success.

In a modern corporate landscape defined by escalating pace, market volatility, and constant regulatory change, today's workforce is quietly running on empty. While conventional approaches treat wellbeing as an optional luxury or view stress as an adversary to suppress, Sophie K challenges this outdated paradigm with a fresh approach. She bridges the gap between performance and human capability as well as energy management and professional output, proving that pressure is not an obstacle to be avoided, but a powerful asset to be mastered.





Sophie empowers high-stakes teams

to fundamentally redefine their relationship with stress.

As a Thrive Performance Expert, Certified Coach, Facilitator and Keynote speaker, Sophie K helps her audiences shift out of reactive survival mode into a smarter and more strategic way of operating. Through her signature framework, The THRIVE Model, she equips leaders and their teams with the strategic tools necessary to protect their energy, regulate pressure, and maintain decisive clarity when the stakes are highest.

Her insights move far beyond generic motivational tips, delivering a science-backed methodology that transforms stress and pressure into a sustainable catalyst for confidence, growth and ultimately success.

When you bring Sophie to your stage, you aren't just booking a speaker; you are initiating a paradigm shift that will revolutionize how your people approach business and life. You are investing in future-ready teams and businesses. Her transformative, relatable and no-fluff delivery gives professionals the blueprint to achieve peak performance without self-abandonment and explicit permission to perform optimally long-term. The result is a profound cultural evolution where your leaders and teams don't just survive pressure—they leverage it to remain calm, clear, and immensely capable under any condition.



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*Sophie has a real gift
for explaining things in ways
that are easy to understand
and action.*

-Teresa, Marketing Architect

SPEAKER KIT 2026

Keynote

TOPICS



www.sophieko.co.nz



KEYNOTE 01:

Permission to Perform

HOW TO HARNESS STRESS, PRIORITISE YOURSELF, AND THRIVE UNDER PRESSURE

This flagship keynote speaks directly to the ambitious, stretched professional quietly wondering if high performance must demand a high personal cost.

In a culture celebrating constant availability, many are operating on empty—pushing through and ignoring their own needs under the guise of commitment. Sophie radically challenges this outdated performance model. She demonstrates that prioritising yourself is not selfish; it is a vital commercial strategy. True, long-term achievement depends on energy protection, stress intelligence, and self-leadership. Utilizing her proven THRIVE framework, Sophie dismantles reactive survival mode and gives audiences the strategic blueprint to perform optimally without self-abandonment, proving you never have to choose between your well-being and your greatest professional success.



KEY AUDIENCE TAKEAWAYS:

✓ **Reframing the Stress Response:**

Discover how to actively reframe stress as critical performance information rather than a personal failure.

✓ **The Blueprint for Energy Protection:**

Learn tactical, biology-backed methods to protect your energy and attention in demanding corporate environments.

✓ **Strategic Self-Prioritisation:**

Master the ability to establish clear boundaries and prioritise your well-being completely free of guilt.

✓ **Unshakeable Composure Under Pressure:**

Gain actionable tools to remain calm, clear-headed, and capable when stakes and emotions are high.

✓ **Eliminating Survival Mode:**

Shift from a reactive state of simply surviving the day to a proactive state of professional and personal expansion.

✓ **Holistic Integration:**

Discover how to maintain a joyful, rich personal existence while simultaneously increasing your capacity for professional achievement.

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*Sophie has been absolutely
transformational for our team
and for me personally.*

Elise, Renthub



KEYNOTE 02:

Future Challenge Fit

BUILDING THE ENERGY AND CAPACITY TO PERFORM SUSTAINABLY IN A HIGH-PRESSURE WORLD

This future-facing organizational keynote is a strategic masterclass for teams navigating macro change, institutional pace, and systemic uncertainty. The future of work is not becoming slower, simpler, or less demanding. Leaders and teams are continuously asked to adapt faster, manage unprecedented complexity, and deliver high-impact results through intense organizational pressure.

However, the solution is not simply to push harder. In this highly energizing and forward-looking keynote, Sophie K re-engineers sustainable performance as a critical, future-ready business capability and strategy rather than a wellness "nice-to-have." She demonstrates that the ultimate organizational objective is not to avoid pressure, but to build the structural human capacity to meet it head-on. Audiences will walk away with practical approaches and mental focus required to step boldly into what is next without running themselves or their businesses into the ground.



KEY AUDIENCE TAKEAWAYS:

- ✓ **Proactive Capacity Building:**
Discover how to strategically build and scale internal capacity before organizational pressure peaks.
- ✓ **Navigating Macro Uncertainty:**
Learn specific, science-backed behavioral strategies to remain unshakeably steady through rapid corporate change and market shifts.
- ✓ **Rapid Energy Protection:**
Master high-speed methods to protect collective team energy and mental attention in fast-moving, high-stakes environments.
- ✓ **Operational Response Control:**
Shift team culture from emotional reaction as the default to deliberate, strategic response under immense pressure.
- ✓ **Future-Ready Performance Habits:**
Establish concrete, actionable performance habits designed to sustain output and drive business metrics long into the future.
- ✓ **Dismantling Transformation Fatigue:**
Gain the tools to insulate teams from the exhaustion of constant organizational pivots and regulatory demands.
- ✓ **Sustainable Execution:**
Learn how to meet aggressive performance expectations and commercial targets without sacrificing organizational health or retention.



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*Relatable.
Grounded.
Empowering.*

Monique Bradley TV

KEYNOTE 03: *(also an interactive workshop option)*

The THRIVE Advantage

TURNING STRESS INTO STRENGTH, CLARITY, AND SUSTAINABLE PERFORMANCE

The THRIVE Advantage is Sophie's deeply practical, tool-driven framework keynote. It is the most structured of the three, specifically engineered for organizations that want tactical, real-world tools their people can implement the very same day. Most professionals have been conditioned to view stress as an entirely negative force—something to suppress, fear, or blindly push through. Sophie completely flips this narrative on its head, demonstrating that stress can actually serve as an incredible performance signal, a powerful source of physical energy, and a catalyst for professional growth when you know how to work with it rather than against it.

In this high-impact session, Sophie pulls back the curtain on her signature THRIVE model, providing leaders and teams with an actionable roadmap to navigate high-stakes environments with ease. Based on the undeniable truth that stress isn't the enemy—unmanaged stress is—this keynote gives your team the exact systems required to stay calm, clear, and unshakeably capable when the pace is fast and the pressure is real.



KEY AUDIENCE TAKEAWAYS:

- ✔ **The THRIVE Roadmap:**
Learn how to utilize the THRIVE model as a practical, step-by-step performance framework in your daily corporate workflow.
- ✔ **Transforming Pressure Into Focus:**
Master the biological shifts required to instantly channel tight deadlines and high stakes into absolute cognitive clarity.
- ✔ **Effective Stress Regulation:**
Discover how to accurately interpret your body's stress responses and pivot from a state of reaction to deliberate response.
- ✔ **Tactical Energy Protection:**
Gain immediate, manageable tools to safeguard your time, mental bandwidth, and attention during heavy operational spikes.
- ✔ **Burnout Elimination:**
Acquire the precise execution strategies needed to maintain peak performance and hit targets without running on empty.
- ✔ **Navigating Demand with Ease:**
Walk away with actionable habits to maintain your personal composure and standard of output through rapid workplace change.
- ✔ **Building Team Sharpness:**
Learn how to foster a collaborative workplace culture that meets pressure differently, protecting team retention and morale.

SPEAKER KIT 2026

What makes Sophie K

DIFFERENT



www.sophie.k.co.nz





**OVER 12 YEARS IN THE
WELL-BEING SPACE**



**AUTHOR OF THE
THRIVE METHOD**



**6-YEARS OF WORKING CLOSELY WITH
HIGH-ACHIEVING INDIVIDUALS AND TEAMS**



**INDUSTRY EXPERIENCE
ACROSS 6 DIFFERENT
SECTORS**



**SUPPORTED 200+ PERSONAL
COACHING CLIENTS TO
LONG-TERM SUCCESS**





✓ **THE INTERSECTION OF SCIENCE AND REAL-WORLD STRATEGY:**

Unlike generic motivational speakers, she delivers a highly structured, science-backed methodology rooted in human biology, neuroscience paired with effective real-world application, giving teams practical tools they can apply immediately.

✓ **OVER A DECADE OF WELL-BEING EXCELLENCE:**

Sophie brings deep, long-term credibility to the stage, backed by more than 10 years of dedicated experience and proven results within the well-being and performance space.

✓ **CROSS-SECTOR PROFESSIONAL EXPERTISE:**

Sophie's unique lens is shaped by a diverse, rich professional background allowing her to seamlessly understand and connect with various corporate dynamics at a practical level.

✓ **PROVEN IMPACT ACROSS HIGH-STAKES INDUSTRIES:**

Sophie's specialized keynotes and workshops have successfully empowered high-pressure, elite professionals across demanding sectors—including finance, insurance, law, real estate, and marketing.

✓ **A MASTERCLASS IN TURNING CHALLENGES INTO BREAKTHROUGHS:**

Sophie speaks from a place of immense personal authority and experience, having successfully walked the path of navigating severe setbacks, turning them into breakthroughs to create personal and professional success.

✓ **CERTIFIED GLOBAL COACHING AND FACILITATION CREDENTIALS:**

Sophie is a fully certified coach and a highly trained workshop facilitator, ensuring her presentations are deeply engaging, interactive, and built on professional behavioral methodologies.

✓ **EXPERT PROGRAM DESIGNER AND DEVELOPER:**

Beyond keynotes, Sophie has built an entire ecosystem of transformative products and services—including the Thrive Guide and Thrive Accelerator—helping clients bridge the gap between stagnation and measurable real-world success.



Logistics & Booking Info

SOPHIE TRAVELS FROM NEW ZEALAND OR CAN PROVIDE A VIRTUAL STUDIO FEED



Check availability: Contact Sophie via +64 21 165 7597 or hello@sophiek.co.nz



Request a proposal: All engagements are quoted individually and after a chat with Sophie you will be provided a customised proposal, including speaker fees and travel expenses.



Approval and paperwork: The date is locked in. Payment is made to secure your date.



Pre-event process: Sophie can provide assistance with promoting your event through social media and her network. Please discuss your needs with her. Travel and logistics can be handled by Sophie to save you time and hassle if you desire.



Showtime: Sophie will arrive to the venue early for a tech check and where possible will stay to meet delegates and answer questions.



Post-event: We will have a detailed de-brief in person or online in the weeks after the event.