

Kylie Moffitt

Topic outline for Kylie Moffitt's presentation as guest speaker at IWIB on 25th July!

FEEL

The Science, Soul & Spark Behind Impact!

FEEL: The Science, Soul & Spark Behind Impact is a fresh and inspiring keynote designed to help business leaders, healthcare professionals, and community changemakers reconnect with the true drivers of lasting impact - how we make people feel.

In a world where resilience is often about pushing harder, this talk offers a different path: leveraging neuroscience, joy, and human connection to fuel innovation, leadership, and wellbeing.

We'll check out:

- How love, trust, and play can transform leadership, team culture, and client experience
- Why pleasure projects (the work that lights us up) can accelerate creativity and success
- How the brain's feel-good chemistry dopamine, oxytocin, endorphins, can be used intentionally to boost performance, as fuel for resilience, leadership, and innovation. Unlock your energy!
- How a disco ball, a laneway called "Love This Life Lane," and a clinic that doesn't feel like a clinic became a recipe for real change.
- Why taking intelligent risks (even when it feels terrifying) might be the best thing you ever do.
- Why how your business feels matters more than ever, and how Kylie's "Happy Team, Happy People" model is reshaping healthcare in the Illawarra.

We'll also shine a light on the power of rapidly evolving research, and how staying curious, creative, and connected to the evidence can quite literally change lives, especially for those affected by cancer. From prehabilitation to survivorship, the science is moving fast, and when we put it into action, we have the power to change the trajectory of treatment, recovery, and quality of life. Let's share this awareness together.

This keynote is for anyone who wants to lead with heart, stay inspired, and keep doing the work that matters... with a spark.



Team PhysioHealth & Sports Injury Clinic – IWIB Awards Day 2025