



# ANDREA GULLICK

Speaker | Mentor | Well-Being Facilitator

It can be challenging to go deep in a world that is happy to skim the surface but what if this is where the real magic is?

**Andrea Gullick partners with forward thinking school leaders who know that true wellbeing begins with self-awareness, emotional regulation, and aligned self-leadership—so they can create environments where teachers thrive and students flourish.**

## THE WORK BEHIND THE WORDS

Andrea Gullick is a powerful dysfunction disruptor, supporting teachers and school leaders who are under constant pressure to manage student needs, parent expectations, and curriculum demands, often at the expense of their own emotional wellbeing.

Through her work, Andrea has witnessed the extraordinary ripple effect of educators who are connected, well, and living in their power and just as clearly, the cost when they're not. Without tools to understand themselves or regulate their inner world, teachers can become reactive, depleted, and overwhelmed.

Using frameworks like the Enneagram and Conscious Connection Andrea supports educators and school staff to move from emotional exhaustion to powerful self-leadership. Her sessions move people—not just emotionally, but into real, sustainable change.

### A Unique Perspective

Andrea doesn't just speak—she transforms the room. Drawing from her own experiences she guides educators, leaders, and everyday people back to their inner greatness and power, Andrea's sessions are more than keynote, they're catalysts.

- Specialist in conscious connection, burnout prevention & self-leadership for educators
- Known for creating psychologically safe spaces for open dialogue and personal reflection
- Trusted for her down-to-earth approach and deep care for community wellbeing

🌟 Fun fact: She once pulled an all-nighter with her colleagues at their Grade 2 sleepover. While the students slept soundly, they drank milo, ate tim-tams and chatted till the wee hours of the morning!



[WATCH ANDREA SPEAK](#)

GOULBURN-MURRAY  
WATER



# THE POWER OF SELF-AWARENESS

## CORPORATE SPEAKING

This keynote cuts through the noise and gets to the core of real impact: self-awareness. Through Andrea's raw story of overcoming trauma and identity loss, audiences are led to understand how their internal world shapes every choice they make.

Through deep insight, this session allows your team to recognise unconscious patterns, own their emotions, and make values-aligned choices, both in and out of the workplace.

## WELLBEING FACILITATION (1/2 & FULL DAY)

This isn't surface-level self-care. It's a necessary recalibration for teachers to understand their inner landscape and stop taking on what isn't theirs.

What you can expect~

- Insight into what drives your perceptions
- Practices to reveal unconscious bias and beliefs
- A structure to understand default stress responses
- Insight into your individual emotional health needs
- Practices to regulate energy effectively
- A fool proof system to maintain focus on desired outcomes
- Awareness that strengthens teams through connection, open communication and powerful self-leadership.

## WHAT OTHERS SAY

*"Thank-you Andrea for energy, humour, vulnerability and leadership today addressing our staff. You can be assured I will be spreading your name wide and far for all things well-being."*

**Keith Willet,**  
Principal, Cobram Anglican Grammar School

*"Andrea is an inspiration. It is not often we are so moved during a speech but with Andrea it is impossible not to be moved, impossible not to be inspired. One of the most profound speeches I have experienced."*

**Georgie Gilbert,**  
Payroll, Australian Retirement Trust

*"I loved that Andrea was real, raw and normal, no excessive terminology or information we can't incorporate in our daily lives. It was just real stuff that we could all relate to, get something from and use moving forward. I have never been engaged more via a screen."*

**Tabitha**  
People & Culture, Get Going Support



We have the power to ingnite dysfunction or inspire greatness, but first we must meet our own.



## CONNECT

 [andrea@andregullick.com](mailto:andrea@andregullick.com)

 +61 (0) 400 683 136

 Website

 Podcast

 LinkedIn

