

NORLIZA

PAVLAKOS

International keynote speaker.
Golden Gavel honouree. Author.

WHAT CLIENTS SAY

"My favourite talk of the year. Completely captivating."

Microsoft Courtney Valis, Enabling AI Transformation

▶ WATCH ON STAGE

TRUSTED BY

MICROSOFT QATAR AIRWAYS PwC DELL LENOVO MARRIOTT EMIRATES

WHAT CLIENTS SAY



“My favourite talk of the year. Completely captivating.”

Microsoft Courtney Valis · Enabling AI Transformation · USA

“Powerfully connects with audiences and inspires resilience.”

Qatar Airways SVP Asia Pacific

“Exactly what our leaders needed to hear: practical, real, immediately applicable.”

PwC Senior Leader

“An outstanding speaker who inspires meaningful change.”

Zurich National Relationship Leader

“Insightful, actionable, and authentic.”

Coca-Cola Corporate Leader

“Impactful and deeply motivating.”

Marriott International Area General Manager

“Phenomenal, actionable, and life-changing.”

Just Eat Takeaway Senior Leader

MORE FROM CLIENTS

Trusted by leaders on five continents.

“Informative and highly inspirational.”

Lenovo Head of HR

“Powerful, authentic, and immediately applicable.”

Vista Equity Partners HR Director

“Authentic insights that deeply resonated with students.”

University of Melbourne Professor

“Inspired our team to lead with strength and resilience.”

Palazzo Versace General Manager

“Empowering, amazing, and breathtaking.”

True Blue Inc Executive Leader

“Earned a standing ovation.”

Miss Earth Founder

Also trusted by Bunnings (HR Manager) · Department of Human Services (Child Protection Team) · Ezidebit (Executive Leader) ITW (Senior Leader) · The Oberoi Grand (General Manager) · Eolian Energy (Senior Leader) · Inclusee (Director)

SIGNATURE KEYNOTES

Three keynotes. Fully customised.

01 The Power of Nothing

TURNING UNDERESTIMATION INTO YOUR GREATEST ADVANTAGE

"How do I rise when the world doubts me?"

When teams feel underestimated or overlooked, this keynote reignites confidence and clarity. Norliza has built businesses from zero. She knows what nothing looks like, and what it becomes. It reveals why being underestimated is your most powerful strategic advantage, and how to activate it immediately.

OUTCOMES

- ✓ Shift from self-doubt to strategic confidence
- ✓ Activate the underestimation advantage
- ✓ Build resilience that isn't learned in comfort
- ✓ Lead with clarity when conditions are hardest

BEST FOR

Leadership · Women's conferences · Resilience · Corporate

02 The Conviction Effect

DECISIVE LEADERSHIP IN UNCERTAINTY

"How do leaders decide boldly when pressure rises?"

When leaders hesitate and stall while opportunities disappear, this keynote restores decisive action. Forged in life-or-death moments most leaders never face, it reveals the internal mechanisms that let leaders decide boldly, with speed, clarity and alignment, even when the path is unclear.

OUTCOMES

- ✓ Eliminate hesitation that kills momentum
- ✓ Make fast, aligned decisions under pressure
- ✓ Lead with conviction without self-doubt
- ✓ Build a culture of decisive execution

BEST FOR

Executive summits · C-suite · High-performance teams

03 The One-Day Reset

RAPID RESILIENCE AND PERFORMANCE RESET UNDER PRESSURE

"How do I recover quickly without burning out?"

No matter what chaos falls your way, go back to your passion. Your work should be your art, the thing that inspires you enough to reset from anything. This is the rapid recovery protocol Norliza built over 29 years, keeping performance consistent without needing time off.

OUTCOMES

- ✓ The 24-hour recovery protocol
- ✓ Prevent burnout before it begins
- ✓ Restore peak performance after setbacks
- ✓ Build teams that bounce back faster

BEST FOR

High-performance teams · HR · Retreats · Wellbeing

NORLIZA'S STORY

From nothing to the world's stages.



At 16, Norliza had no home. A mother of five, she built businesses from nothing, founded The Support Pages, and now speaks across five continents.

"Your beginning does not define your outcome. Your response does."

Golden Gavel Honouree
Toastmasters International, 2021

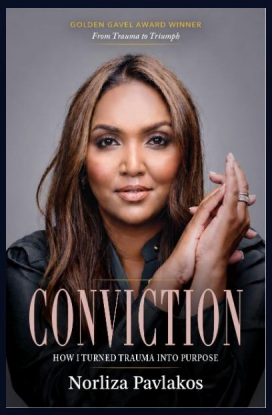
#8 Suicide Awareness Speaker
Let's Engage, 2022

Founder, Liza Pavlakos Foundation
Registered charity, ACNC

Ranked #9, Top 40 Women Keynote Speakers
Real Leaders, 2020

AUTHOR. SPEAKER. BUILDER.

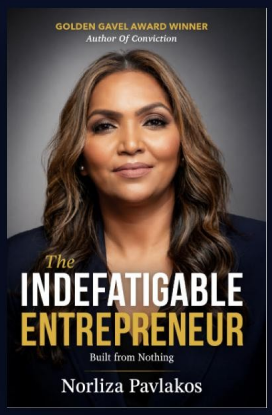
Two books. One story.



Conviction

How I turned trauma into purpose.

BUY ON AMAZON | KINDLE | LISTEN ON SPOTIFY



The Indefatigable Entrepreneur

Built from nothing.

BUY ON AMAZON | KINDLE | BUY ON THE NILE

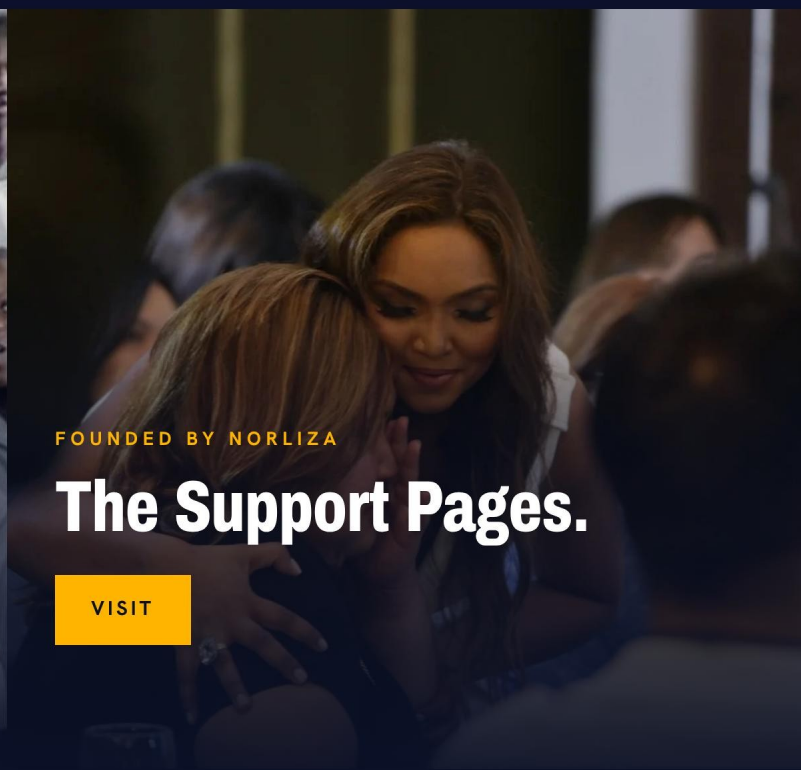
Copies can be sold at your event. Every format is also listed at norliza.com/books



THE LIZA PAVLAKOS FOUNDATION

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The Support Pages.

VISIT

FOR BUREAUS AND PLANNERS

Everything you need to book.

SUGGESTED INTRODUCTION

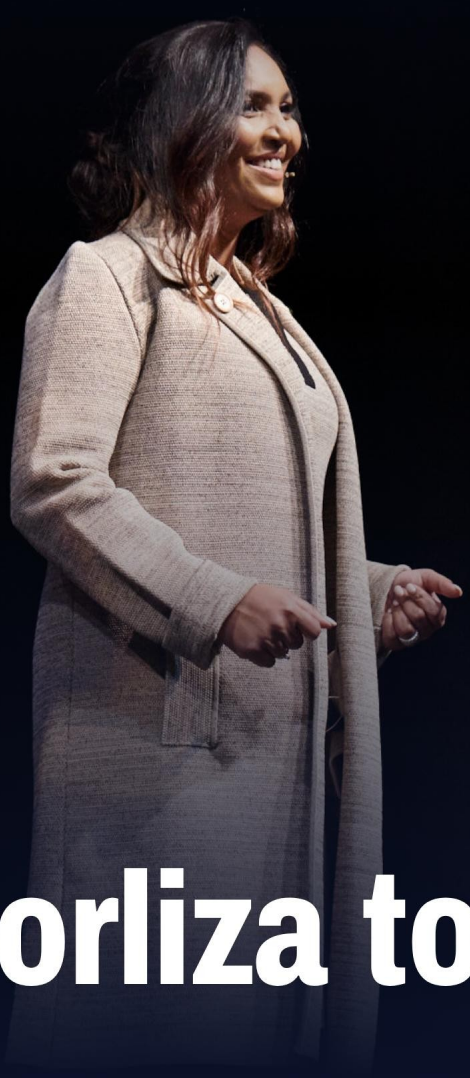
Please welcome Norliza Pavlakos. At 16 she was homeless. Today she is a Toastmasters Golden Gavel honouree, an author, the founder of The Support Pages, a mental health directory, and a keynote speaker who has taken the stage across five continents. Her message: your beginning does not define your outcome. Your response does.

WATCH
Showreel · on stage ›
Keynote sample · 20 min ›

FORMATS	Keynote · Workshop · Virtual · Panel
DELIVERED	In person and virtual worldwide
FEE	On request. Rate card supplied to bureaus.
BOOKING	All bookings are managed by speaker bureaus.
RESPONSE	Within 48 business hours
AVAILABILITY	2027 and 2028
AV AND TRAVEL	Headset and handheld microphone, both on hand. Business class for international flights, travelling from Melbourne.

AUDIENCE NOTICE · READ BEFORE THE INTRODUCTION

Before we begin, a note for our audience. Our speaker today has a story that is almost unimaginable, and it is a testament to the human spirit. Her keynote touches on traumatic events, and it moves from there to resilience, purpose and hope. If anything you hear today affects you, support is available through our Employee Assistance Program or a local crisis line, with free services listed for every country at findahelpline.com. In Australia, call Lifeline on 13 11 14 or 1800RESPECT on 1800 737 732, or visit The Support Pages, a mental health directory, at thesupportpages.com.au. Please take care of yourselves, and get ready to be inspired and uplifted.



BOOKING INFORMATION

Bring Norliza to your stage.

EMAIL	**events@norliza.com**
WEB	norliza.com
RESPONSE	Within 48 business hours
FORMATS	Keynote · Workshop · Virtual · Panel
FEE	On request
DATES	Worldwide · 2027 and 2028

What to expect

- ✓ All bookings managed by speaker bureaus
- ✓ Program tailored to your organisation and audience
- ✓ Reply within 48 business hours

“I believe we each have the strength to thrive while helping others rise.”