



The
InsightBureau

CHRIS HELDER

SPEAKER ON MENTAL HEALTH, MINDSHIFT CHANGE,
COMMUNICATION & INFLUENCE

BEST SELLING AUTHOR OF
"USEFUL BELIEF", "CUT THE NOISE", "HOW TO INFLUENCE PEOPLE"

*One of the most dynamic and entertaining speakers
who has helped thousands of individuals and teams
to transform how they and their businesses
communicate and become more effective*

CHRIS HELDER

his focus

Chris Helder is a **business communication expert** and **master storyteller** whose presentations have radically transformed how thousands of people worldwide communicate with clients, customers, colleagues, staff and teams. He has been a **professional speaker** for 18 years and has done over 2,500 presentations around the world.

Chris speaks at **client conferences** and **leadership sessions** in the area of sales, communication, influence, leadership and mastering the face-to-face customer experience. He presents regularly throughout the **Asia Pacific** region, and as far as **Europe** and the **North America**. His global client list includes Citibank, Merrill Lynch, GlaxoSmithKline, Toyota, Fuji Xerox, Levi's, IBM, AIA, Prudential, Million Dollar Round Table (MDRT) and many more.

He is the **most sought after** keynote speaker in Australia when it comes to mastering the **power of mindsets**, **genuine communication** and **influence**.

Chris is based in **Melbourne**, Australia.



CHRIS HELDER

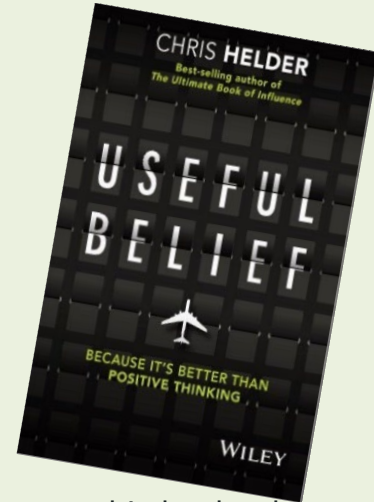
Useful Belief: Because It's Better Than Positive Thinking

Positive thinking has had its time — the new way of overcoming life's challenges is USEFUL BELIEF.

Sometimes things in life are not positive. Sometimes bad things happen to good people. If you've had a nightmare of a year, the last thing you want to hear is "Be positive!" Instead, you need an actual strategy to dig yourself out, and a truly useful guidebook to show you where to go next. This is that guidebook.

Through the engaging tale of a business traveller and the three significant encounters on his journey, this book takes you on a journey of your own — to self awareness, and an improved approach to business, parenting and relationships. You'll learn how thinking "useful" is better than thinking "positive", and you'll uncover the utility of your past, present and future challenges. You'll undergo a major shift in the way you solve your problems, and you'll learn how to navigate your way out of ambiguity and toward success. This book shows you how to frame your challenges to make them surmountable, and how to formulate an action plan for getting where you need to be.

- Learn a simple self-awareness strategy that turns problems into plans
- Discover the truth about "truth" and the importance of "useful"
- Go beyond positivity to actually fix personal and professional problems
- Uncover the valuable lessons you've learned from the challenges you've overcome



CHRIS HELDER

How to Influence People: Motivate, Inspire and Get the Results You Want (Be Your Best)

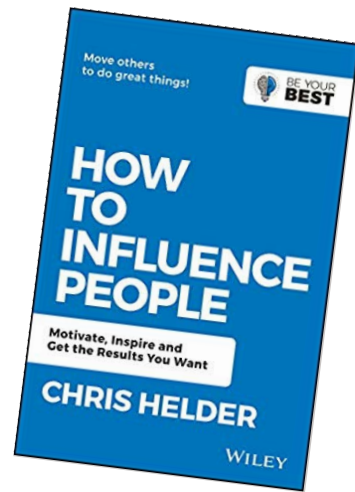
Master the power of influence and persuasion

What if you could instantly boost your capability to influence, motivate and connect with people? How could it increase your productivity, team culture and bottom line? Better yet, what if you could influence yourself to achieve greater success? Imagine the impact that would have on your life and fortunes.

How to Influence People takes these ideas out of the realm of what-if and turns them into reality.

Whether you're a new manager looking for direction, an experienced leader looking to hone your skills or a sales professional looking for better ways to connect, How to Influence People is for you!

Originally published in 2013 as *The Ultimate Book of Influence*, this book has been reviewed and redesigned to become part of the Wiley Be Your Best series - aimed at helping readers achieve professional and personal success.



CHRIS HELDER

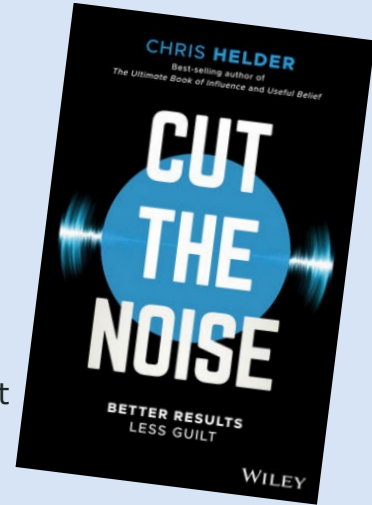
Cut the Noise

Cut through the mental noise of modern life and move one step closer to true happiness

The quest for perfection and the sheer volume of “noise” and guilt in modern life can be crushing on even the most put-together person. With *Cut the Noise*, author and popular keynote speaker Chris Helder will show you how to cut through the noise, release yourself from guilt and stop seeking perfection so that you can focus on what you really want and what really matters.

Told through two fables, you'll learn how to cut out the things in your life that are not useful, deal with the obstacles that get in your way, prioritise what is really important and give yourself permission to make the most of every situation with less guilt.

See the world in a new way and move closer to what you really want by embracing the book's accessible principles. Move beyond guilt by learning key concepts, including that most of what we worry about will never happen. Clearly find out what is preventing your success so you can deal with it and focus on the things that truly matter. Follow the book's easy-to-read fable format and discover where to take your life from here. For those who want to take back their lives from the constant noise and expectations of modern life, *Cut the Noise* is the important first step on the journey.



CHRIS HELDER

key facts

Currently ...

- Professional **Speaker & Coach** in the field of **Communication, Influence and Leadership**.
- Author, *How to Influence People*
- Author, *Useful Belief*
- Author, *Cut the Noise*
- He is a **certified** practitioner of Neuro-Linguistic Programming
- He has a degree from the Colorado State University

Flies from **Melbourne**

Speaks to conferences and leadership sessions around the Asia Pacific Regional as well as Europe and North America.



Sample speaking topics:

- ***The Simple Shift -How useful thinking changes the way you see everything***

This presentation is a game changer in the field of motivation and performance. Chris talks about having a pragmatic and practical belief system.

- ***Cut The Noise - Better results, less distractions***

This compelling keynote will have an immediate impact on your ability to FOCUS and PRIORITISE for greater success in every aspect of your life, professionally and personally.

- ***How To Influence People - The tools of persuasion to connect and communicate***

This powerful presentation makes an IMMEDIATE impact in the areas of communication, sales, leadership and building customer relationships.

CHRIS HELDER

what people say

Chris Helder is combined energetic and entertainment delivery to top-notch content in a unique way. His presentations in Kuala Lumpur and Bangkok included very useful and highly practical tools that can be applied immediately both in private and business situations to influence people. The presentation was very well received by the top leaders of Nokia which is reflected by the feedback score: it was the highest in the three-day event.

Samuli Asmala, **Nokia**

Chris is one of the best speakers we have had. He is engaging, amusing and real. His content resonates with my team and they all loved it. After two big nights, the team was attentive during the entire last day – not many speakers can pull that off.

Leanne Pilkington, GM, **Laing & Simmons**

*It's not just the exuberance, nor the passion. It's not even just about the remarkable content. With Chris Helder you know **he just gets it**. He **reads his brief, knows who he's talking to** – then gets a feel for the audience in the first 30 seconds. Wham! Everyone engaged, along for the ride and soaking up his **invaluable insights and lessons***

Steve Rawlings, Managing Director, **DMP Marketing**

motivational ▪ insightful ▪ entertaining



Useful links for Chris Helder:

- TIB Speaker Web Page >> [Go to Webpage](#)
- TIB Video Channel >> [Watch Videos](#)



Andrew Vine
CEO
The Insight Bureau
Appointed Agency Asia

Speaking & Moderating Requests:

+65-6300-2495

engage_us@insightbureau.com