



KEYNOTE TOPICS

ACT WELL - LIVE WELL

Act Well – Live Well: How Performance Principles Lead to Flourishing Work Lives

Unlock the actor's toolkit to cultivate creativity, adaptability and resilience — helping you navigate change, embrace possibility and thrive at work and in life.

In Act Well – Live Well, Dr Andrew Lewis explores how the craft of acting offers powerful lessons for living and working well. Drawing on decades of experience training performers, he reveals how principles such as imagination, play, presence and adaptability can help people move beyond self-limiting beliefs, respond more effectively to change and unlock new possibilities for growth. This isn't about pretending — it's about bringing your most authentic, creative and resourceful self to the challenges and opportunities of everyday life.

