



ALEXANDRIA JOY

MINIMALIST LEADER - CULTURE HEALER

Alexandria Joy, or 'AJ' for short, has spent over two decades helping leaders and managers heal their culture to find their sweet spot where they can do less and achieve more. As the Chief Empowerment Officer at UQ Power, **she believes there is a simple science to unlocking the power of your culture.**

Why is it that engagement continues to be at record lows and even with all the research and knowledge there are still millions of people quitting their job, suffering from anxiety depression? AJ argues that organisations are possibly the world's most underutilised resource for solving many human, economic and environmental challenges. She believes that most companies have failed to tap into and unleash the human power at their fingertips. And now **she's on a mission to accelerate the evolution of a more conscious world through the vehicle of culture.**

Through her work AJ combines tradition with innovation, ancient wisdom with modern practice, she will broaden your worldview and encourage new ways of being as well as equip you with the necessary skills to shift your people, your culture and the world. Her work has proven that by nurturing engaging and uplifting people, companies can achieve sustainable, vibrant, high performance so that whether employees stay for 3 days, 3 months or 3 years they feel appreciated and valued, they deliver high performance and they grow and leave as better people. With her support, **organisations have more engaged employees, delighted customers and leveraged results.**

In 2016 AJ realised that her life had become messy, busy and cluttered. By 2018 she had downsized her life and now lives and travels throughout Australia in tiny house on wheels. What she learnt through the process of letting go of 75 per cent of her possessions is that minimalism isn't just about being conscious about what you bring into your life, it's largely about what you let go of – the stuff that's weighing you down. She discovered when you focus your mindset, heal from the busyness disease, remove chaos and clutter you begin to **feel lighter, freer, more alive and more able to be UP Yourself.**

As a biophilic with a deep love for humanity and nature, independence and freedom she believes improvements needn't be massive and radical, rather that continual 10 degree shifts at the personal level can make large improvements at the global level. She is the author of seven books on leadership, culture and human performance – her latest book – Daily Uptimism: Inspirational Quotes to Live On **the Upside aims to help you tap into the power of positivity and find joy in the simple things.**

If you want to heal your people, transform your culture and make it vibrant, call AJ.

www.UQPower.com.au

www.TheJoyBox.com.au

www.alexandriajoy.com.au

www.linkedin.com/in/alexandriajoy

