

USE

UNIQUE SPEAKERS

CAROLINE RAVENALL

My Focus

I am a high-performance specialist and change catalyst, keynote speaker and author.

Drawing on my experiences with Richard Branson and the Virgin Group and 15 years of experience and research in the fields of Leadership Development, human and organisational performance, neuroscience and functional medicine, I help individuals and organisations operate at their most inspired, authentic and resilient best. I specialise in building agile and flexible workplaces cultures and resilient leaders and teams that can tap into their own blend of 'magic' in a world fraught with change and disruption. I think of performance today as being a form of art.

“As our keynote speaker, your talk on the Madness of High Performance was most appropriate for an industry known to be highly ranked in the table of stressful jobs.”

“Caroline Ravenall was such an inspiration.”

“It was a valuable and engaging hour with you.”

What I do

Professional Speaker

As a keynote speaker at conferences and events, I talk about performing and leading under pressure in the age of disruption tackling issues relating to human behaviour and psychology including burnout, stress, change, authenticity, leadership an culture. My Team Thinking Interventions are designed to be insightful and thought provoking promoting dialogue and self-awareness while also introducing practical distinctions and tools to bring about sustainable change.

Culture Change Facilitator

One of the best lessons I learned from my years at Virgin was about culture. To survive in the age of change and disruption, organisations need to continually meet and exceed the expectations of customers. I work with organisations and teams to help them diagnose and develop flexible, accountable, courageous business contexts aligned to a VUCA world and the specific strategic and brand needs of the organisation.

Leadership and Executive Coach

I am passionate about engaging people in the art of rich conversation to help bring about long term sustainable shift in their business and personal lives. Using an Ontological approach to leadership development and change, I work with busy leaders and their teams to help them meet the challenges of today's fast paced world with greater clarity, insight, presence, and emotional and somatic awareness.

Team Thinking / Team Integration Specialist

Using principles from Ontology, neuroscience, organisational behaviour, and team and organisational diagnostics, to name a few, I work with functional and cross functional teams to build cohesion, innovation and trust while breaking down barriers in perception and communication.

Mindfulness and Meditation Consultant

With the help of Neuroscience, Mindfulness and Meditation practices are no longer relegated solely to the realms of spiritual pursuit. They are fast becoming the business norm for leaders today in many high-tech companies, like Apple and Google around the world. Based on formal training and my own personal practice with a globally unique methodology which engages not only the brain but the heart and nervous system, I help busy leaders to shortcut the stress response, improve brain functioning, increase awareness, personal presence, creativity and physiological and psychological resilience.

Lifestyle and Energy Medicine Consultant

Sustaining high levels of performance isn't just about what we do and how we behave, it's also about what's going on inside. Where its required, I work with specific technologies in the field of biofeedback and cellular health and functional and integrative medicine to support aspects of the work that I do with individuals and teams. These technologies not only bring about profound shifts in Physiological performance and endurance, but can also create insight into the subconscious aspects of our behaviour that can hold us back.

Researcher and Philosopher

I am a bit of a nerd at heart! I have a diverse range of interests particularly in the fields of neuroscience, archetypal psychology, human consciousness/evolution and functional and integrative medicine. I love to use these insights to bring greater clarity and meaning to my keynotes and interventions to enhance the learning and the physiological and psychological performance of my audiences.

Author

The second edition of the book, entitled 'The Rebellion of the Soul' it's due to be released in the near future. Watch this space.



More about those Keynotes



The MADness of High Performance

Today's fast paced business world requires people at all levels of business to perform at their absolute best. The challenge however, is being able to strike a balance between meeting demands and avoiding burnout. This keynote tackles those issues.

In our age of hysterical industriousness, being busy is like a badge of honour and we are conditioned to believe that it's what makes us worthy, what makes us important and what makes us successful. But does the constant striving and driving and pushing ourselves to the point of exhaustion actually lead to better levels of performance and productivity?

Being a high performer today is an art. It's not just about having vast amounts of knowledge and exceptional skills, it involves being flexible, adaptable, resilient and highly self-aware to be able to perform consistently in highly pressured, rapidly changing business contexts. In this thought-provoking keynote, I candidly share some of my experiences as a high performing executive in the Virgin Group of companies. drawing upon personal stories and anecdotes and insights from philosophy and neuroscience I challenge some of the deeply held beliefs we have about performance while providing practical tools and insights for gaining control, creating alignment and maximising personal power and energy to sustain high levels of performance into the longer term.

Sir Richard Branson has been hailed as one of the most inspiring leaders of our time. Love him or hate him one cannot deny that his charismatic, maverick approach to business has made him a hero of the general public and turned him into an international celebrity. But what are these magical leadership qualities he possesses? Are they realistic and how do we apply them in our own lives?.

Using humour, storytelling and analogies based on my personal experience of leading within the Virgin group and working with Branson directly, this keynote inspires us to explore ways to bring some 'Virginity' and magic back into our business lives.

In a light-hearted way, I introduce 6 leadership lessons I gleaned from working with Branson and convert them to a very personal and practical context for 'the rest of us' in a world fraught with constant change and disruption.

Finding my Virginity is aimed at today's leaders who wish to inspire and ignite their teams with greater levels of authenticity, courage and personal presence.

Finding My Virginity



“Caroline Ravenall was such an inspiration. I would love to spend some one on one time with her. She held an audience's attention for 45 minutes, you could hear a pin drop, I would most definitely recommend her as a guest speaker to a diverse audience range.”

Michelle Hunter, MICE Manager, Development Promotions

The Full Story

I have over 25 years of business experience in leadership, organisational start up and growth, culture change, personal and professional development. With a background in strategic sales and leadership in the international aviation industry I spent almost 10 years working in the fast-paced, maverick, customer centric culture at Virgin Atlantic Airways. I worked closely with Richard Branson during the fledgling years of the company's start up and global expansion. I was considered to be one of the organisations top performing executives, for my fit with the culture and my ability to achieve results in a highly competitive environment fraught with complexity and change.

As a member of a rotating pool of senior managers who went around the world setting up and running airlines in different countries, I first came to South Africa in the late 1990's. My role was to set up the airlines operations in the country and spearhead the launch of Virgins' brand and culture across the African Continent. Richard himself hailed the launch as one of the most successful in Virgins history. It was here that I developed an innate curiosity for people development and organisational culture and its impact on the psychology, wellbeing and performance of individuals and teams.

My own experiences with executive burnout took me on a 15-year journey to explore tools and techniques for enhancing sustainable people performance without sacrificing wellbeing and balance in life. I have studied extensively in the fields of Organisational Psychology, Culture change, Leadership Development, Neuro Linguistic Programming, (NLP), Clinical Hypnosis

Philosophy, Theology, Neuroscience, Heart Math, Functional and Integrative Medicine, Ontology, Mindfulness and Meditation.

I have been speaking, facilitating and inspiring teams and individuals since 2003. Drawing upon my leadership experience with Virgin, my consulting experience across a myriad of blue-chip organisations in South Africa and my love of research, I thrive in engaging others to build high performing business contexts where accountability, change and robust conversation lie at the core of a great customer experience.

At the heart of my work lies a recognition of the repeating unconscious patterns in human behaviour that underpin the way that organisations function and change. I like to challenge my audiences to unpack what's really occurring in their team or work context that creates resistance, stifles creativity and holds people back. I also enjoy tackling the tough issues – the elephants under the table - in a way that opens people's minds and hearts, encourages dialogue and unleashes a team's potential. People have said that my warm and perceptive style allows me to easily engage with others while my passion and quirky humour are infectious! Change is really not that difficult when we have the right distinctions and tools.

I live in Kyalami, Johannesburg with two bonkers dogs a mad mare and a Blesbok that thinks its human. I travel nationally and internationally for client engagements. The second edition of my book 'The Rebellion of the Soul' is due to be released in the near future.

