



Marie Skelton

Writer | Speaker | Change and Resiliency Expert

We're living in a change storm. Globalisation and technological change are transforming companies, industries, countries and societies. More than that, they're leading to uncertain, volatile ways of living and working. We've all heard it before, the only constant is change, and there's no escaping change in our lives. So why are we so often not prepared for it?

Marie Skelton comes with a message that is both personal and relevant to us all in this time of constant change. Her message is simple: unless you plan on hiding under a rock for the rest of your life, you will face a major life change at some point, if you haven't already – so be prepared.

Marie shares her inspirational story and a message of hope alongside practical, research-backed ideas you can immediately put to work to ensure you can confidently navigate this ever-changing, uncertain world.

Bio

Marie started her career in journalism, working with The Canberra Times and USA Today, before working in public affairs and then change management for some of the world's largest tech and financial services companies, both in Australia and abroad.

She also had a successful volleyball career representing Australia as both a junior and senior, and earning a scholarship to a Division 1 college in Virginia, America. Upon returning to Australia, she captained the NSW Women's Volleyball team in the Australian Volleyball League.

Following a motorbike accident that nearly took her life, and leg, she began researching how people cope with major life changes to find out why some people are really good at dealing with whatever life throws at them, while others struggle (read more about this in [My Story](#)).

She is now conducting interviews with people who have been through major change in their lives and plans to publish her book shortly. Although she is still in rehab and trying to work out what her new 100% is, she is continuing to set goals and push herself. She was told she'd have trouble walking, since then she has hiked Machu Picchu and is hoping to return to competitive volleyball later this year. She recently launched her new website and is preparing to launch a new business in 2021.

She holds a Bachelor of Communications from Canberra University, and a Bachelor of Arts from George Mason University where she graduated Magna Cum Laude and was named to the National Dean's list. Most recently she has completed University of California Berkeley's Foundations of Happiness at Work course.



Video testimonials

Nicki: <https://youtu.be/Vy4wwetLs-c>

Mal: <https://youtu.be/LQQzrnBOb68>

Linda: <https://youtu.be/jkeqtC8TKYs>

Written testimonials

“Marie is a dedicated professional with a high regard for quality interactions and output. She is an outstanding communicator and sees the bigger picture particularly around change and the ongoing flow of business interactions and requirements. She is passionate about her work and drives excellent interactions and outcomes.” Event Executive, Commonwealth Bank

“Marie is truly one of a kind, her motivation and passion are admirable and contagious. She is a true leader, who thrives in a challenging environment, yet never loses focus on what’s important.” Senior Manager, Commonwealth Bank

“Marie is an absolute star and I’ve learned so much from her over the years as we communicated emerging technologies to senior executives and to the public. She has a knack for turning the complex and ephemeral into something that anybody can understand.” Director of Ecosystems and A-kin AI

Contact

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