

Fiona Demark

Speaker | Resilience Coach | Corporate Disability Empowerment Advisor



Australia's Expert on Ability Thinking

Having been legally blind since birth, I love to share my story of resilience, positivity and life's achievements to inspire and ignite others to overcome any adversity or challenges they face.

As an adventure lover, I enjoy motivating others to step outside their comfort zone so they can achieve their dreams.

I work with organisations as a speaker or workshop facilitator and with individuals in a one-on-one coaching role.

Keynote Presentations and Workshops

Through keynote presentations and short training workshops I will challenge your staff to identify their true goals and then break through the barriers and obstacles blocking them from reaching their full potential.

I am a qualified Social Worker, as well as Life Coach and NLP Practitioner. For more than two decades, I have had the pleasure and good fortune to assist many people to make lifetime changes through my social work and coaching. I provide strategies for the audience to take away and implement into their career or personal life.

With lived experience of disability, I can also offer a unique perspective for improving inclusion and diversity within your organisation. I take you through practical steps to help you and your staff practice inclusivity in their day-to-day operations.

Your group will leave my presentation feeling empowered, inspired and more aware of what tools and resources they already have to overcome their own moments of adversity. Expect some humour, moments of truth, emotional epiphanies and self-reflection.

Keynote and Workshop Topics

You can select from my keynote and workshop topics or I can work with you to tailor a presentation to meet your organisation's specific needs.

- Embracing Adversity. Turning challenge into triumph.

- Defeating Negative Thoughts. Turning that frown upside down.
- Accessibility in the Workplace. Changing attitudes with confidence.
- Accessible Meetings & Presentations. Is your audience missing your message?

Ideal Audience

My presentations and workshops are targeted at organisations who want to create change and inspire and motivate their staff, and/or improve inclusion and diversity without getting bogged down in policy.

Working with You

I am located in Melbourne and can work with you either in person or virtually. I am available for keynote speaking, events, conferences, guest panel appearances and interviews.

I have worked with...



Feedback from clients

Nicki, Department of Transport

“Thank you for joining us on International Women’s Day to share your story. It was insightful, heartfelt and enjoyed by all. It also helped highlight the importance of an inclusive and diverse workplace.”

Elizabeth, Disability Network

“Thank you so much for supporting Inclusion 2022. We were delighted to listen to and learn from such a passionate and expert speaker.”

Mohit, Care With Us

“Absolute inspiration and an excellent speaker. Your words have touched our hearts. Thank you for your fantastic engagement at our event.”

Next Steps

To book a time and discuss my fee schedule please contact me. We can discuss your individual needs and tailor the presentation that is right for you and will provide your organisation with the best value and outcomes.

Fiona Demark – Achieve Your Dreams



Fiona Demark is an adventure seeking, boundary leaping, no regrets kind of girl, who uses her 30-ish years of experience in human communication, care and kindness to help others. Fiona is all about stepping outside the square and challenging herself, as well as the people around her, to think differently.

Fiona enjoys sharing her story of how she has achieved life's successes so far. It hasn't always been an easy journey, and at times, her disability has negatively impacted upon some of the opportunities presented to her.

Despite being legally blind, Fiona never says "No." to a challenge or opportunity, never letting her disability prevent her from achieving the things she sets her mind to.

As a qualified social worker, resilience coach and keynote speaker, Fiona has a fantastic toolbox of resources that she loves to share with others to help guide them through challenges and adversity.

Fiona will share her own story of resilience and overcoming adversity. You will leave the presentation feeling empowered, inspired and more aware of what tools and resources you already have to overcome the obstacles life may present. Expect some humour, moments of truth, emotional epiphanies and self-reflection.