

Fiona Demark Bios

Option 1 – 225 words

Fiona Demark is a keynote speaker, coach and author who is redefining what it means to navigate challenge through her signature approach: *Ability Thinking*. With a background in social work and over 15 years in public service, Fiona works with organisations to build adaptable, inclusive and high-performing cultures—where people don't just cope with change, they lead through it.

Born legally blind, Fiona has spent her life mastering environments not designed for her—and now teaches others how to do the same in their own contexts. Her keynotes blend lived experience with practical strategies, helping audiences rethink limitations, strengthen mindset and take meaningful action.

Fiona has delivered impactful presentations and training for organisations including the Facilities Management Association, Project Management Institute, Metro Trains, the Department of Transport and Planning, and leading architecture and design firms. She is known for translating big ideas into real-world application—whether it's inclusive design, psychological safety, leadership, or resilience through adaptability.

Fiona uses humour, storytelling and sharp insight to connect quickly with audiences—often disarming them before delivering moments that shift perspective long after the session ends.

Audiences don't just leave inspired—they leave equipped.

And yes, she once drove a car at 160km/h around Sandown Raceway... proving that sometimes the biggest limitations are the ones we assume are there.

Option 2 – 100 words

Fiona Demark is a keynote speaker, coach and author known for her powerful approach to *Ability Thinking*—helping organisations build adaptable, inclusive and high-performing cultures. Born legally blind, Fiona combines lived experience with practical strategies to shift mindsets and drive action.

She has delivered keynotes and training for organisations including the Facilities Management Association, Project Management Institute, Metro Trains and the Department of Transport and Planning.

Blending humour, storytelling and real-world insight, Fiona creates an immediate connection with audiences.

People don't just leave inspired—they leave with tools to think differently, adapt faster and lead with confidence.

Option 3 – 50 words

Fiona Demark is a keynote speaker, coach and author known for her *Ability Thinking* approach—helping organisations build adaptable, inclusive cultures. Born legally blind, she blends lived experience with practical strategies. Through storytelling, humour and insight, Fiona leaves audiences with tools to think differently, adapt faster and lead with confidence.