

## Fiona Demark - Speaker Introduction

### Option 1 – 250 words

It's my absolute pleasure to introduce today's guest speaker—an unstoppable force of positivity, perspective, and just a touch of wild adventure.

Fiona Demark (*pronounced Dee-mark*) is a keynote speaker, disability advocate and self-declared adrenaline junkie who also happens to be legally blind. She's not someone who simply talks about pushing boundaries—she lives it. In fact, she once drove a car around Sandown Raceway at 160 kilometres per hour... she just may not have seen the corners coming.

But beyond the humour and adventure, Fiona brings a powerful and practical message. Through her signature approach, *Ability Thinking*, she helps audiences reframe challenges, shift their mindset, and build the adaptability needed to navigate change with confidence.

With a background in social work and over 15 years in public service, Fiona has worked across the human services sector and delivered keynotes and training for organisations including the Facilities Management Association, Project Management Institute, Metro Trains and the Department of Transport and Planning.

She's a Top 10 finalist in the international Holman Prize, author of *Broken Hill: The Broken Road to Becoming Whole*, and yes—she is still on a mission to become the first blind person in Australia to own a guide cat.

Today, Fiona will take you on a journey that is equal parts inspiring, thought-provoking and refreshingly real.

So get ready to be challenged, to laugh, and to see what's possible from a whole new perspective.

Please join me in giving a warm welcome to Fiona Demark.

## Option 2 – 120 words

It's my pleasure to introduce today's speaker—an expert in turning challenges into possibilities.

Fiona Demark (*pronounced Dee-mark*) is a keynote speaker, author and self-confessed adrenaline junkie who also happens to be legally blind. She doesn't just talk about pushing boundaries—she's driven a car at 160 kilometres per hour around Sandown Raceway... she just may not have seen the corners coming.

Through her signature approach, *Ability Thinking*, Fiona helps audiences shift mindset, build adaptability and navigate change with confidence.

She's worked with organisations including Metro Trains and the Department of Transport and Planning, and is a Top 10 finalist in the international Holman Prize.

Get ready to be challenged, inspired and entertained.

Please welcome Fiona Demark.