

Sammy May Ruttle

Keynote Speaker & Workshop Facilitator

Founder of Inspired Leaders Network



Sam Ruttle is the author of The Courage to Be Limitless and host of the To Be Limitless podcast, exploring the science and lived experience of life alignment – the agreement between how we decide, how we behave, and what we truly value.

Through her work in somatic communication and neuroscience, she helps people learn to read the signals their body sends before the mind catches up. Sam's central idea is simple: the body often knows what the mind is still debating – and learning to listen will change how we lead, create, decide, and live.

Keynote Talk or Workshop Inclusions:

- Pre-event alignment meeting to shape content around the theme of your event.
- Custom keynote slides & supporting resources.
- Event promotion on social media platforms
- Post-event resources to extend impact

"Having Sammy involved in our event has been nothing short of incredible. Sammy has made a such a powerful and lasting impact. Not only for the participants but for our whole team."

Caitlyn Butler, Event Organiser.

SPEAKING TOPICS

Decide With Your Body, Not Mind

Decode your body signals and reclaim the biological speed of decision-making and adaptability. The ultimate self-leadership.

Create Like No Ones Watching

The neuroscience of creativity and what it takes to share it with the world. Learn to embrace not-knowing, expressing yourself, and living like a work of art.

Keynotes can be tailored to address specific themes including:

- Neuroscience of change
- Values Alignment for flow state
- Women in business
- Communication that resonates
- Courage as lived practice
- Alignment beats motivation
- Leadership that inspires
- Your story is your power
- Nature gives you superpowers

Contact Sam to discuss what's right for your event. Available for keynotes, workshops, and panels.

Email: Hello@inspiredleaders.com.au

Phone: 0455 506 722

Socials: @SammyMayRuttle

