Andrew Cox
KEYNOTE SPEAKER

CHOOSE YOUR MORE
Expanding Capacity Without Burning Out

As opportunities increase, so can emotional load.
Choose Your More addresses the hidden pressures of growth, responsibility and ambition.

More isn't the problem. It's how we experience more. By understanding the emotional pressures of growth, we can create the capacity to embrace new opportunities without becoming overwhelmed.

Audiences leave with practical frameworks to manage emotional load, gain clarity and make better decisions under pressure.



Andrew Cox is a keynote speaker, broadcaster and founder of Treemendus Health, helping people navigate pressure, responsibility and high-stakes decisions. After 25 years as a stockbroker, responsible for managing $250M in client funds and making decisions where millions could move in minutes, he understands the reality of pressure, responsibility and complex decision-making.

Today Andrew brings those insights to stages and organisations, blending practical tools, storytelling and audience interaction. He is also the breakfast show host on 89.7FM, a TED speaker, and writer, director and performer at the Edinburgh Fringe Festival.

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Contact:
Andrew Cox | Treemendus Health
www.Andrew-Cox.com
0403 367 938
Info@TreemendusHealth.com.au