



# *Elizabeth Banks*

KEY NOTE SPEAKER,  
MENTAL HEALTH EDUCATOR  
AND ADVOCATE

SPEAKING  
BROCHURE



The Village Health  
Here for you and your family

## ABOUT ELIZABETH

Elizabeth makes the invisible visible. Her lived experience and clinical work offer a unique perspective on what is really happening and what to do about it.

“Her story is powerful, but what stood out was how clearly she connected it to what our patients have been through and what they need from us.”

Elizabeth's speaking work spans community, corporate, and professional sectors. As founder of The Village Health, she leads a thriving mental health practice and regularly delivers workshops and training to educators, health professionals, and community organisations.

She has a gift for translating neuroscience and relational dynamics into language people can understand and act on. Audiences leave not only seeing the hidden patterns shaping behaviour, but equipped with practical ways to respond effectively.

Elizabeth is one of the founders of West Gippsland Women, a not for profit business community for female founders and business owners seeking connection, support and inspiration from those who are on the same entrepreneurial path they are. Through this work, she contributes to and facilitates conversations around wellbeing, purpose-driven work, and the realities of leadership and life.

Elizabeth is also invited to present to corporate, community service, and social welfare organisations. Across these diverse settings, Elizabeth is known for her ability to translate complex ideas into practical insight. Her presentations are grounded, honest, and deeply engaging, equipping audiences with both understanding and actionable tools.



# Speaking Topics

Domestic & Family Violence

Youth Mental Health, Self Harm & Suicide

Brain Development & Neuroplasticity

Human-Centred Leadership & Culture

"I have had the pleasure of hearing Elizabeth speak numerous times and she always impresses me deeply. She has a naturally warm and engaging style of communicating that is inclusive, heart-centered and audience focused. I highly recommend Elizabeth to any organisation or business looking for a professional and engaging speaker."

*Julie Parker*

*Founder, Beautiful You Coaching Academy*

"Elizabeth delivered evidence based information patiently and gently, used statistics to show we were not alone, took away the unknown and provided practical knowledge that I was able to use to support myself and my family."

*Erin G*

*Adolescent Mental Health Workshop*

"Elizabeth has a way of blending her own story with clear, practical knowledge that made everything feel relatable and doable, not overwhelming. I left feeling calmer, more confident, and better equipped to support my child with compassion and clarity."

*Sarah C*

*Mighty Minds - Parent Workshop*

Elizabeth created a space where difficult topics could be explored with care and understanding. Our community walked away with language and tools we can actually use. I personally have used her advice and strategies many times."

*Elaine T*

*Health Care Provider*

# Domestic & Family Violence



Not all survivors look like what systems (or we) may expect a victim to be. In this talk Elizabeth speaks about how education, resources, confidence, and social standing can render survivors invisible, creating the 'perfect victim' who can be seen as too capable, too composed, or too connected to be believed. Your audience will learn how societal systems (and our own beliefs) can unintentionally silence or disadvantage survivors, and what it takes to build responses grounded in safety, justice, and genuine care.

## Key themes include:

- The invisibility of high-functioning survivors & why victims are not believed
- Coercive control and relational power dynamics
- Systemic barriers to disclosure, safety, and recovery

## Ideal audiences

- Police members
- Social workers
- Case managers
- Health professionals
- Legal and justice professionals
- Policy and advocacy groups
- Boards and governance groups

# Youth Mental Health



Young people today are navigating a complex emotional landscape, and conversations around self-harm and suicide can feel frightening or overwhelming for the adults who care about them.

In this talk, Elizabeth brings a compassionate and relational lens to youth mental health, helping audiences understand the emotional needs and experiences that can sit beneath disengagement and distress. Your audience will learn how to recognise signs of struggle, approach difficult conversations with curiosity and care, and respond in ways that strengthen connection rather than escalate fear or shame.

## Key themes include

- Why young people self harm and how we can support them
- Suicidal thoughts and suicidal intent - the key differences and how to help
- Conversation guides that increase connection and reduce shame

## Ideal audiences

- Teachers, school staff, and leaders
- Parent and family communities
- Youth and community organisations
- Health practitioners
- Sporting clubs
- Youth-focused community groups

# Brain Development, Neuroplasticity & Trauma



Our brains are influenced by so much more than genetics and biology. Development and changes throughout the lifespan is shaped by relationships, experiences, and the environments we are immersed in. Elizabeth explores how relationships, security, stress and adversity influence the brain, behaviour, learning, stress responses and emotional regulation. Your audience will gain a clearer understanding of what may be happening beneath the surface, and how we can respond in ways that support regulation and leverage the many benefits of our ever changing brains via neuroplasticity.

## Key themes include

- Brain development across childhood, adolescence and into adulthood
- Neurodiversity and the neurobiology of trauma
- Take home tools that link neurology, behaviour and personal strengths

## Ideal audiences

- Educators and school leadership teams
- Early childhood professionals
- Allied health practitioners
- Community organisations
- Parent groups and family services
- Organisations supporting children and young people

# Leadership & Culture



Every organisation has a culture, whether it is designed intentionally or develops by default. Elizabeth explores how trust, connection, and clarity shape healthy teams and sustainable workplaces. Your audience will gain insight into how leadership decisions, communication, and boundaries influence culture, wellbeing, and performance.

Participants leave with practical frameworks for building environments where people feel valued, accountable, and able to do their best work, whether in a small business, a growing practice, or a larger organisation.

## Key themes include

- Values-driven culture, strengths based leadership and accountability.
- Preventing burnout and sustaining people in high-demand roles
- Designing workplaces where people and purpose flourish

## Ideal audiences

- Small business owners and founders
- Practice owners (health, allied health, education, consulting)
- Leadership teams and managers
- Corporate organisations and HR teams
- Boards and governance groups
- Social enterprise and NFP leaders

# Speaking Formats

## Keynotes

Engaging, story-rich, evidence-based keynote presentations for conferences, schools, organisations, and corporate events.

## Workshops & Professional Development

Interactive training for clinicians, educators, youth services, community organisations, and corporate teams.

## Panels, Media & Community Events

Thoughtful contributions to panels, podcasts, and public conversations on trauma, mental health, and systems change.





## ELIZABETH WORKS WITH

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- Schools and education systems
- Mental health and community services
- Corporate and organisational leadership teams
- Boards, NGOs, and community foundations
- Clinicians and helping professionals
- Parents, carers and community groups

## WHAT YOU CAN EXPECT

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Her speaking is known for being grounded, compassionate, and unflinchingly honest, combining science, story, and practical strategies that create real change.



## GET IN TOUCH

Elizabeth is available for keynote speaking, professional development, panel discussions, and media engagements.

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Enquire about your event or organisation's needs.