**Dr Amantha Imber**

Dr Amantha Imber is an organisational psychologist and founder of the award-winning behaviour change training consultancy Inventium. She has worked with companies such as Google, Apple, Disney, LEGO, Coca-Cola, and Microsoft to help boost productivity, innovation and wellbeing.

In 2021, Amantha was the first Australian to win the Thinkers50 Innovation Award (described by the Financial Times as the ‘Oscars for Management Thinking’). Amantha has also been named one of the *Australian Financial Review’s* 100 Women of Influence.

In 2025, Amantha was named as a finalist in the *Australian AI Awards* as the AI Female Leader of the Year *and* AI Consultant of the Year.

Amantha is the host of the number one ranking business podcast How I Work, which has had over 6 million downloads, where she interviews some of the world’s most successful people about their habits, strategies, and rituals.

Amantha’s thoughts have appeared in *Harvard Business Review,* *The New York Times,* *Forbes,* and *Fast Company* and she is the author of four bestselling books, including international bestseller *Time Wise* and her most recent book, *The Health Habit*.