**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, 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'). She is also the host of the number one ranking business podcast *How I Work*, which has had over 6 million downloads.

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