About the authors

**Maggie Dent** is a well-respected author, educator, and a parenting and resilience expert with a special interest in the early years and adolescence. Her background as a teacher and counsellor has made Maggie a passionate advocate for the healthy, commonsense raising of children in order to strengthen families and communities. She has a broad perspective and range of experience that shapes her work, a slightly irreverent sense of humour and a depth of knowledge that she shares passionately. Her finest achievements are her four sons, deep human connectedness and her many books: *Saving our adolescents* (2010), *Real kids in an unreal world* (2008), *Nurturing kids’ hearts and souls* (2005), *Saving our children from our chaotic world* (2010) and *Black duck wisdom* (2004). For more on Maggie Dent and her work, see: www.maggiedent.com.

**Dr Joe Dispenza** is doctor of chiropractic with training in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity. Over the last 10 years, Dr Dispenza has lectured in over 24 different countries on six continents educating people about the role and function of the human brain. He has taught thousands of people how to re-program their thinking through scientifically proven neuro-physiologic principles. His approach, taught in a very simple method, creates a bridge between true human potential and the latest scientific theories of neuroplasticity. He explains how thinking in new ways, as well as changing beliefs, can literally rewire one's brain. The premise of his work is founded in his total conviction that every person on this planet has within them, the latent potential of greatness and true unlimited abilities. His new book, *Evolve your brain: the science of changing your mind* connects the subjects of thought and consciousness with the brain, the mind, and the body. For more information on Dr Dispenza and his work, see: www.drjoedispenza.com.
Sandy Forster is an international speaker, mentor, bestselling author and award-winning business owner. In 2010 Sandy was awarded Australian Home-Based Business of the Year and Overall Company of the Year in the International Awards for Women in Business (New York) and in 2008 International Mentor of the Year. Sandy has transformed her life from welfare to millionaire based on her avid research on the subject of money, prosperity and abundance. She loves mentoring others to create their own success and is the author of six internationally bestselling books, including *How to be wildly wealthy fast* (2004). For more on Sandy Forster and her work, see: www.wildlywealthy.com.

L. Michael Hall, PhD, is a visionary leader in the field of neuro-semantics, self-actualisation psychology and neuro-linguistic programming (NLP). He has a doctorate in the cognitive-behavioural sciences and works as an entrepreneur, researcher/modeller, and international trainer in NLP. Michael had a therapy practice in Colorado for 15 years, found NLP (1986), created the field of neuro-semantics and later, with Bob Bodenhamer, the International Society of Neuro-Semantics. A prolific writer, Michael has written more than 40 books, including many bestsellers in the field of NLP. Michael first applied NLP to coaching in 1991, and then created meta-coaching with Michelle Duval in 2002 (www.meta-coaching.org).

Bruce H. Lipton, PhD, a cellular and developmental biologist, was formerly Associate Professor of Anatomy at the University of Wisconsin’s School of Medicine and a Research Fellow of the School of Medicine at Stanford University. In recognition of his contributions to the fields of embryology and human development, the Association of Prenatal and Perinatal Psychology and Health elected Dr Lipton to their Board of Directors. Bruce has taken his award-winning medical school lectures to the public and is currently a popular keynote speaker and workshop presenter on topics of conscious parenting and the science of complementary medicine. He has published numerous academic research papers and books. To learn more of Dr Lipton, see: www.brucelipton.com.
Professor Andrew Martin is Professorial Research Fellow at the University of Sydney specialising in student motivation, engagement and achievement. He is also a registered psychologist and Honorary Senior Research Fellow in the Department of Education, University of Oxford. He is author of books for parents, *How to motivate your child for school and beyond* (2003) and for teachers, *Building classroom success: eliminating academic fear and failure* (2010), both available at www.lifelongachievement.com.

Dr Rosina McAlpine is an associate professor at the University of Sydney Business School and an internationally recognised teacher and researcher in higher education. She has taught at university for over 20 years and has received four teaching awards and five international best paper awards for her research. Rosina has completed studies in life coaching and neuro linguistic programming (NLP) and has been working as a family life coach for over five years. Since becoming a mother in 2007, her research focus has expanded to include child development and parenting. Drawing on her many years of teaching experience and research into learning she has been able to develop practical and innovative approaches to parenting. She is the founding director of Inspired Children Pty Ltd and the developer of the Inspired Children program. For more on Rosina and her program see: www.inspiredchildren.com.

Jan Roberts has spent more than 40 years in the health care industry, 25 of those working in the area of women’s reproductive health. She is a pharmacist with a postgraduate diploma in clinical nutrition and the Australian representative for Foresight, the UK Association for the Promotion of Preconceptual Care. As a co-author of international best-selling series on pregnancy, breastfeeding and babies, Jan has presented preconception workshops and seminars to the general public and health professionals around Australia, NZ and the US since 1987. She has made frequent appearances on radio and TV and is a regular contributor to various magazines and journals. For more information on Jan and her work, see: www.flurishh.com.
Dr Monique Robinson is an Australian Rotary Health Post Doctoral Research Fellow and a registered clinical psychologist working in the field of child and adolescent mental health at the University of Western Australia. Monique’s primary research focus has been on the antenatal determinants of behavioural development throughout childhood and adolescence, including stress, hypertension, alcohol and cigarette smoking. This research is based at the Telethon Institute for Child Health Research (www.childhealthresearch.com.au), where longitudinal follow-up continues on a prospective pregnancy cohort. Within the last three years Monique has published numerous journal articles, book chapter and reports, and presented her work at various international meetings. She has been the recipient of 14 early-career researcher awards to date.

Dr Yvonne Sum transforms leaders of tomorrow ... today. Through her experience as a dentist, RAAF officer, executive coach, leadership facilitator and speaker, business partner, wife and mother of two, Yvonne has honed her gift of helping others clarify useful behavioural frameworks across various contexts so that we may choose to easily deploy them in our daily lives. She consistently provokes senior business leaders to ‘lose their minds and come to their senses’ by integrating their leadership insights at home successfully back into the work tribe. Yvonne’s breadth of international experience and clientele span across Australia, Asia Pacific and the US. She has presented alongside Edward de Bono, Howard Gardner, Tony Buzan, David Perkins, Glenn Capelli and Colin James. ‘Start kidding yourself – learning leadership from your home tribe’ is her first book due out in 2012. For more information on Yvonne Sum and her work, see: www.dryvonnesum.com.