



ellaJAMES

...SPEAKER INTRODUCTION

Ella James has had over 20 years experience in the Australian media in radio, television and print. She has appeared on television and in film, and you have probably heard her today without even knowing it.

She started to research positive psychology and happiness 10 years ago, and has made the key elements of optimism and resilience a part of her life. Handy tools to have when you've been fired as many times as she has! To tell you all about it....please welcome ELLA JAMES.

