

Paula Quinsee

CEO: Engaged Humans

Paula equips busy leaders and hybrid, multi-generational teams to rebuild trust, increase clarity, and improve follow-through, turning disengagement into measurable engagement. Grounded in leadership, culture, and relationship science, her approach makes the “people stuff” usable in real time, even with competing priorities. People leave with immediately actionable tools that create stronger communication, healthier conflict, and sustained accountability.

Social Media



Sample Speaker Topics

From Disconnection to Connection:
In a world of constant pressure, many people are functioning in survival mode, overwhelmed, burnt out, and increasingly disconnected. Disconnection does not only affect how people feel, it affects how they think, lead, relate, and perform. Social connection matters more than ever in a fast-moving, high-stress world and organisations need to rethink connection as a strategic priority, not a soft skill.

Leading Multi-generational Teams for Optimum Productivity:
The modern workforce is no longer a one-size-fits-all. Leaders are struggling with how to effectively lead multi-generational workforces. What inspired loyalty in the past may now be met with silence, disengagement, or worse, your best talent walking out the door.

Embracing No – why we should and how we can benefit:
Many people struggle to say no leaving them overwhelmed, uncomfortable, resentful, or disconnected from their own needs. Audiences gain insights into the personal cost of when we say no to what drains us, we create space to say yes to what makes us thrive.

How to build a High Performing Mindset:

High performance is not about pushing harder, but about understanding and activating the foundations that make sustainable performance possible.

Drawing from Paula's personal journey as a competitive athlete and adventure seeker, this talk brings high performance to life through both lived experience and practical insight. It shows audiences how to move beyond burnout and complexity by focusing on simple, powerful habits that strengthen resilience, sharpen mental wellbeing, and unlock more consistent energy, motivation, and performance.

Busting The Myth Of GBVH:

Whether we like it or not, abuse happens daily in the workplace, at home and in communities. Stats have spiked globally, while the SA Government has recognised that GBV is a 'national crisis' and second pandemic. Technology is paving the way for online abuse in more ways than we think.

Event Exposure

- Istanbul, Amsterdam, Zimbabwe, South Africa, USA, Botswana
- Regional - International webinars
- Regular Media Guest



Author



Speaker



Relationship Strategist



Media Guest



Athlete

Awards

- Gender Mainstream Awards Positive Role Model Finalist 2019
- Margaret Hirsch Business Women Awards Finalist 2017
- Thriving Magazine 'Tell Your Story' Winner 2017

Speaker Showreel

Examples of talks can be [viewed here](#)

Clients

