

WHY PAUL / WHY NOW

In today's workplaces and communities, pressure, fatigue, and mental load are pushing people closer to the edge than most leaders realise. Burnout, breakdown, and crisis rarely arrive without warning but those warnings are often missed.

Paul Spinks is a rural and remote paramedic and trauma counsellor, with over 20 years experience responding to thousands of callouts across Australia homes, mine sites, schools, communities at the exact moment life fell apart.

Those experiences taught Paul one thing: Crisis isn't random. It follows patterns.

As The Outback Ambo™, Paul helps organisations, leaders, and communities recognise those patterns early and step back from the cliff before the ambulance is needed. His sessions are raw, grounded, and unforgettable. They don't end with applause. They end with action.

paulspinks.com



Paul Spinks

FEATURED PRESENTATION

The Wakeup Call™

The crisis you can still walk away from



“Of all the seminars and training I have attended in my ten years with Stanwell, this is top of the pile for content and satisfaction.”

Stanwell Energy

A **90-minute, no-BS keynote** that takes audiences into real ambulance stories — showing how ordinary decisions quietly evolve into crisis, and how to change course before it's too late.

Paul doesn't lecture. He lets the stories do the work.

Audiences leave with:

- A confronting new clarity about health, mindset, and responsibility
- A deeper understanding of how close crisis often is
- Language and awareness that actually sticks

Transformation Roadmap

Cracks — small shifts in mood, sleep, behaviour

Spirals — patterns that become dangerous

Crisis — where the ambulance arrives

Reset — the promise people make after consequences hit

Frontline Prevention — bringing the reset into daily life

[FIND OUT MORE](#)

Contact Paul →

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LEADERSHIP BRIEFING

FRONTLINE LEADERSHIP

CHANGE THE GAME™

"Your presentation at Clermont has opened up previously closed off minds... Awareness and lifestyle questioning is now happening in our workgroup."

Trade Supervisor, Clermont Open Cut Mine

A masterclass in human risk, responsibility, and courageous leadership

A **90-minute leadership briefing** built from two decades of frontline crisis experience. This session shows leaders what emotional risk actually looks like before it becomes burnout, breakdown, or disaster and what great leaders do in the moments that matter.

Paul doesn't teach theory. He teaches leaders how to **see what he sees**.

Leadership Outcomes

- Recognise early behavioural and performance warning signs
- Lead conversations most leaders avoid
- Understand crisis as a leadership pattern
- Strengthen culture, trust, and psychological safety
- Shift from managing tasks to protecting humans

[FIND OUT MORE](#)

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SIGNATURE WORKSHOP

THE WAKE UP CALL: ONE STEP FURTHER™

The crisis-prevention toolbox your people will use for life



"He is an impressive presenter. I could see the majority of the audience and they were riveted."

Deutsche Bank

The crisis-prevention toolbox your people will use for life

When a keynote isn't enough, this 3-hour or multi-day workshop turns insight into behaviour. This session gives teams the practical tools to notice risk early, have better conversations, and interrupt spirals before crisis takes hold.

Core Modules

- **HELP Conversations** — spot Hopelessness, Emotional shifts, Loss & Physical change
- **CYT (Catch Yourself Thinking)** — interrupt spirals early
- **The Cliff Model** — know who's sitting, walking, running, or already off the edge
- **Lifestyle Literacy** — understand daily decisions driving risk
- **Values Reset** — clarify what matters before crisis does it for you

Outcomes

- Practical early-intervention skills
- A shared team language for wellbeing & responsibility
- 30-day Reset Plan for sustainable change
- Confidence to ask hard questions when it counts

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TESTIMONIALS

"I have been in that black hole more than once ... I can honestly say no one has described that feeling or related a conversation more honestly and directly than Paul did. Your talk changed the way I relate to people (and myself)."

Attendee, Emerald Mental Health Event

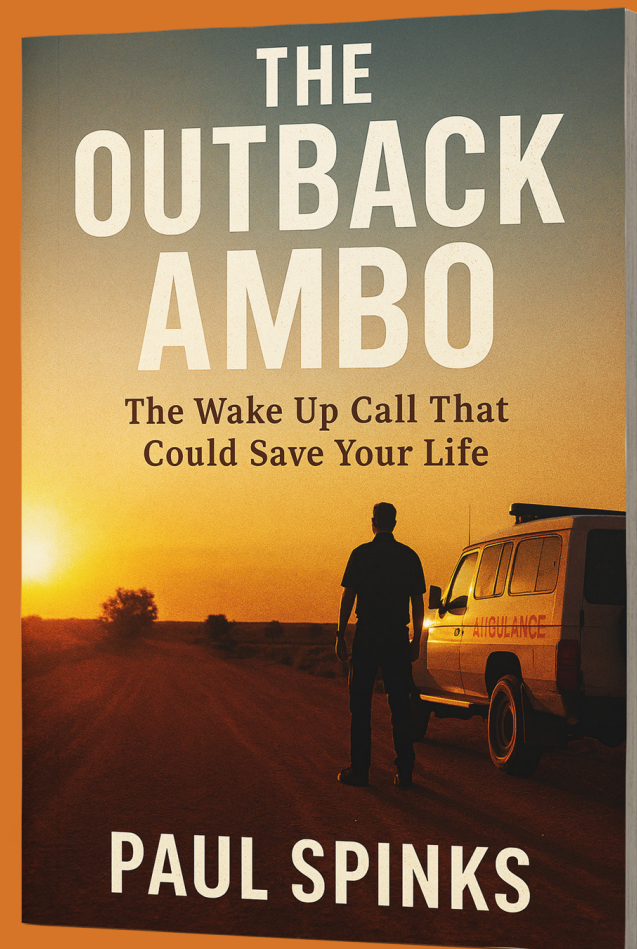
"Wow — inspiring, emotional, informative... this was a big wake-up call to myself and a lot of other people in the room."

Princess Alexandra Hospital

"Your experiences had the whole room focused on the problems we face as a society."

TAFE Queensland

COMING 2026



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