

A Transformational Leadership and Wellness Conference

What is Lead Better, Live Better?

Co-created by **Aleda**, an Australian-based leadership development company, in partnership with **Live Love Better**, the conference will bring together inspiring leaders from around the world to explore both leadership growth and personal wellbeing. Lead Better, Live Better 2025 will provide a space for high- profile leaders to meet in person, attend presentations and panel discussions and engage in wellbeing activities designed to inspire them to lead with greater purpose, authenticity and confidence.

Together, we are creating an event that will leave a lasting impact, helping leaders develop not only their professional skills but also to learn practical wellbeing strategies to thrive professionally and personally. This isn't just another leadership conference — it's a transformative experience that will empower these leaders to **lead better and live better**.



DATE: 4 & 5 SEPTEMBER 2025

THE LONDONER HOTEL

This event is **exclusive** and a **limited number of tickets** will be available.

Full Conference Tickets to Lead Better, Live Better 2025 will include:

- 1 x pass to the full two-day Lead Better, Live Better conference
- Access to all keynote speeches, interactive wellness experiences, break out sessions and the Leadership Play-book panel session with Steve Kerr and Mikel Arteta
- All lunches and refreshment breaks for the two days
- Invitation to the networking drinks on Thursday night at an exclusive London venue
- Invaluable learning and networking opportunities
- Access to discounted hotel rates at the incredible Londoner Hotel

Tickets are **£1050 (+ booking fee)**

Use the code **EARLYBIRD100** at checkout for £100 off your ticket! Early Bird Discount on offer until 31 July 2025.

Lead Better, Live Better 2025 will feature a range of unique leadership and wellness presentations and activities — including:

- Insightful sessions and presentations from industry leaders in the leadership and wellness space.
- Live group panels, offering unique opportunities to learn and collaborate (including the live panel session with **Mikel Arteta** and **Steve Kerr**).
- Break-out sessions focussing on leadership and wellness, including an interactive leadership workshop, a breathwork session and mindfulness workshops.
- Interactive sessions, networking spaces and engagement strategies that **move beyond the usual conference format**.



Speakers

These world-class global leaders will be speaking in person at Lead Better, Live Better 2025



Steve Kerr - Head Coach, Golden State Warriors - Aleda Alumni

Steve Kerr is a legendary NBA coach and former player, celebrated for leading the Golden State Warriors to multiple championships and for his five championship titles as a player with the Chicago Bulls and San Antonio Spurs. Known for his exceptional leadership, Steve also advocates for social issues, making his insights into resilience, collaboration, and personal growth invaluable.



Mikel Arteta - Manager, Arsenal FC - Aleda Alumni

Mikel Arteta is a former professional footballer and the current manager of Arsenal Football Club. As a coach, Mikel has been recognised for his tactical brilliance and leadership skills, guiding Arsenal to new heights and an FA Cup victory. He is known for fostering team cohesion and earned praise for his vision, innovation and dedication to the club's future.



Angela Manuel-Davis - Motivational Fitness Coach, Former Member of USA Track and Field Team, Nike Athlete and Inspirational Leader

Angela Manuel-Davis is a former member of the USA Track and Field Team and Nike Athlete, who was a five- time All-American and held world rankings in the 100 meter dash. With a motivational message and passion for movement, Angela created Los Angeles' most in-demand group cycle class, training influential cultural forces such as Beyoncé, Jay-Z, David Beckham, Janelle Monáe, Kerry Washington, and more.



Lorena Bernal – Founder, Live Love Better, Life and Spiritual Coach & Author of It Starts with You

Lorena Bernal is an internationally recognised speaker, author, and wellbeing advocate, dedicated to helping individuals find clarity, balance, and purpose in both their personal and professional lives. As the founder of Live Love Better and through her powerful wellness sessions, she guides individuals to step into a more mindful, fulfilled, and effective way of leading — one where success is measured not just by achievements, but by the ability to thrive in all aspects of life.



Umra Omar - Founder, Safari Doctors - Aleda Alumni

Umra Omar is the founder and leader of Safari Doctors, an organisation that provides vital healthcare services to remote and underserved communities in Kenya. Through her dedication and innovative approach, Umra has empowered marginalised populations and positioned Safari Doctors as a key player in global health, earning recognition for her impactful work in public health and community development.



Rodolfo Escalante - Founder, Alchemy Rewire

Rodolfo Escalante is a renowned breathwork practitioner and wellness coach who specializes in transformative breath techniques to promote emotional healing, mental clarity, and physical well-being. With a deep commitment to helping individuals tap into their inner power, he guides clients through immersive breathwork sessions that foster profound personal growth and self- awareness.



Dr. Troy Flanagan - Head of High Performance, Milwaukee Bucks - Aleda Alumni

Dr. Troy Flanagan is the Vice President of Performance for the Milwaukee Bucks in the NBA, overseeing sport science, medicine, nutrition, sports technology, and psychology programs. With over 20 years of experience directing sport science and medicine programs for Olympic and professional sports teams, Troy played a pivotal role in guiding the Bucks to an NBA Championship in 2021.



Vanessa Ford - Co-Founder of Super Sema, Film/TV Producer, and Fashion Collaborator - Aleda Alumni

Vanessa Ford is a creative producer, entrepreneur, and storyteller. She is the co-creator of Super Sema, Africa's first animated superhero series, and a producer on the Oscar-nominated film Lion. Her latest venture, the Shero Collection, a fashion collaboration with South African brand Romaria, is more than just garments - they're statement pieces designed to ignite confidence and remind every woman of her power.



Benjamin Northey - Chief Conductor, Christchurch Symphony Orchestra. Principal Conductor, Melbourne Symphony Orchestra. Conductor in Residence, Sydney Symphony Orchestra - Aleda Alumni

Benjamin Northey is a renowned Australian conductor, musician and arranger. Benjamin has led numerous prestigious orchestras and festivals around the world, earning acclaim for his ability to connect with both musicians and audiences, while fostering a rich cultural environment within the orchestral community.



Anna West - Sleep and Recovery Expert, Founder, Sleep2perform

Anna West is the founder of Sleep2Perform, a scientifically-grounded company dedicated to helping individuals and organizations unlock peak performance through better sleep. Working with leading sports teams and businesses across Europe, she empowers clients to improve their sleep patterns, manage stress, and optimize lifestyle choices, providing practical tools for high performance.



Tyson Ballard - Legal Innovator, DJ and Serial Entrepreneur - Aleda Alumni

Tyson Ballard is a multi-faceted entrepreneur, legal tech innovator, and creative force with a career spanning technology, music, lifestyle, and business transformation. As the Founder & CEO of Stella Legal, he is revolutionizing how legal teams operate, implementing AI-driven solutions, contract lifecycle management, and legal operations strategies that drive efficiency and value.

Who We Are

About Aleda

At **Aleda**, we create a world of collaboration by bringing together leaders from across industries and countries with the aim to connect like-minded leaders who can share their stories, providing hacks and tips to improve each other's leadership.

Aleda Connect is our signature, cross-industry collaboration program. Curated and facilitated by experts, it's the learning experience of a lifetime. Aleda Connect was created to provide unique collaborative opportunities for leaders at the top of their fields. We connect small but diverse groups of successful leaders (from across industry, sport, social venture, education, and the arts) who understand the challenges of high-level leadership. With them, they bring their willingness to share, learn, and grow.

“It was an honor just to be part of the group, to be honest... I love the sessions. It's one meeting I always prioritize because I really enjoy it... Everyone has a different perspective. We've finished the sessions, but we love it so much we are continuing with it.”

Richard Oppy – VP, Global Brands
Anheuser-Busch InBev

Who we've worked with:



“Brilliant sessions, so much to take in, music to my ears... Thank you so much!... It's been an incredible experience.”

Mikel Arteta – Manager
Arsenal Football Club, Premier League

About Live Love Better

Live Love Better is dedicated to transforming the way people live, lead, and connect. We create powerful experiences that help individuals and organisations integrate wellbeing, self-awareness, and purpose into their personal and professional lives.

Through curated events, workshops, and leadership programs, we guide people toward a more conscious and fulfilling way of living — where success is not just about performance, but about leading with clarity, balance, and authenticity.

As part of Lead Better, Live Better 2025, we are ensuring that this conference goes beyond leadership strategies to foster real transformation, deeper connections, and a new standard of leadership — one that values both achievement and personal fulfilment.

Together with Aleda, we are shaping an event that will leave a lasting impact, not just in the conference room, but in the way leaders show up in their lives and organisations.

As seen in:



We hope to see you there!

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