

# KALEY CHU

*SPEAKER PROFILE*



# 100 LUNCHES with STRANGERS

*ONE CONNECTION CAN  
CHANGE YOUR LIFE*

[www.kaleychu.com](http://www.kaleychu.com)



# Meet Kaley Chu

*Kaley Chu is an author, keynote speaker and the founder and organizer of the popular global movement, 100 Lunches with Strangers. She has a passion for bringing people together and creating meaningful connections between strangers. Through her platform, she has been able to connect thousands of people from all walks of life around the world. Kaley believes in the power of connecting people, and these connections can lead to lasting positive change. She is a firm believer in the importance of communication and understanding and is determined to create a more open and compassionate world.*

## One connection can change your life

*Since publishing her books, 100 Lunches with Strangers, Kaley has been featured in mainstream media such as Harvard Business Review; and speaking at major events such as TEDx and Pause Fest.*

*She is passionate about inspiring her audiences to get out of their comfort zone, unleash their potential and change their destiny. Kaley is a thought leader with a down-to-earth, everyday manner. Her inspirational story is engaging, funny and relatable and it has the power to cut through corporate hype and encourage immediate, life-changing action.*

*She will share with the participants her lessons and tips on how she took off her masks and became her real, authentic self, and help you do the same.*

*She believes 'One connection can change your life'. Do you think she would be the one to change yours?*

**"I promise the experience will transform your life as well."**

**100**  
LUNCHES WITH  
STRANGERS **STRANGERS NO MORE**



# What is 100 Lunches?

*100 Lunches is a global movement founded by Kaley Chu to connect people together, via lunch.*

*Born and raised in Hong Kong, Kaley came to Australia to pursue higher education and other opportunities in 2007. However, being 7,500km away from home, her confidence was smashed.*

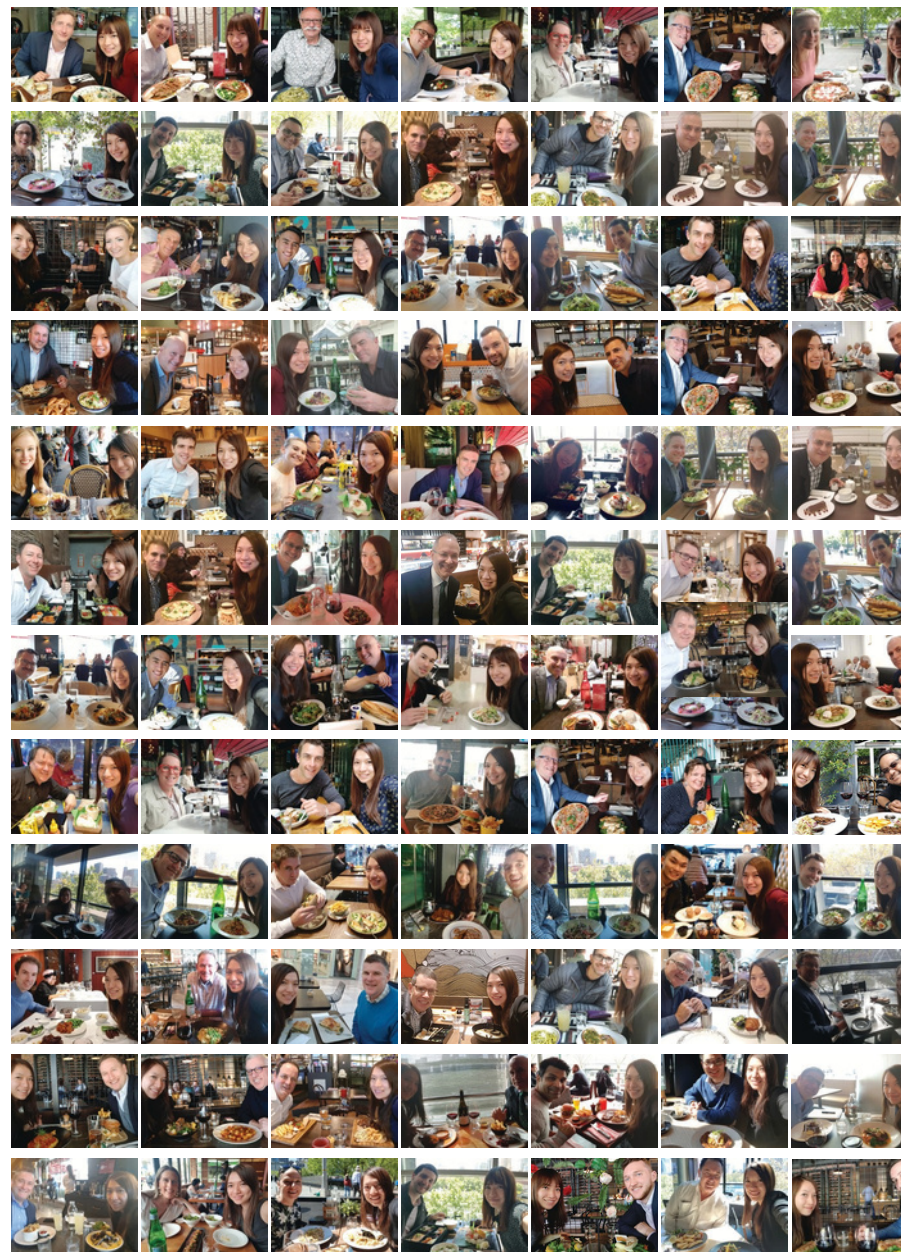
*To overcome her shyness, Kaley challenged herself to have lunch with 100 strangers in 2018. When she finished her challenge, she realised that the experience had transformed every aspect of her life by growing her confidence enormously and opening her up to new opportunities and friendships.*

*This realisation inspired her to start the 100 Lunches movement to encourage others to step out of their comfort zones and connect with people from diverse backgrounds. She is now passionate in motivating others to step out of their comfort zone, connect with people, and live a more fulfilled life.*

## What can it do for you?

*By participating in 100 Lunches, you too can experience personal growth and transformation. This movement has spread globally, with participants sharing their stories of newfound confidence, lasting friendships, and even life-changing opportunities resulting from one connection made over lunch.*

*One connection can change your life. You never know when your life-changing connection will be made. We can change our destiny.*



# Keynote Speech and Workshop

*In her authentic style, Kaley is able to deliver a high-energy message with passion and humour. She challenges her audience to take the initiative, step out of their comfort zone, take action and make meaningful connections so that they can achieve real and long-lasting results.*

## *Kaley has been speaking at*

- Media
- Corporates
- Banks and financial institutes
- Sales teams and leaders
- Women's groups
- Immigrants
- Schools
- State government
- NGO
- Personal development groups
- Conferences and EXPOS

## *Delivery*

- Face to face live keynote speech
- Virtual keynote speech
- Workshop
- Networking lunch



# Modular Keynote Options

## Signature Keynote

### *Get out of your Comfort Zone and Unleash your full potential*

In today's fast-paced world, building genuine and lasting connections is essential for personal and professional success. However, with the pandemic leading to increased feelings of disconnection, it is now more important than ever to learn the art of networking.

In this inspiring keynote, Kaley shares her experiences from having over 500 lunches with strangers. She reveals how every new connection is a potential opportunity waiting to be discovered and provides actionable techniques to build meaningful connections and achieve success.

Whether you're looking to boost productivity in the workplace, increase sales, or achieve personal growth, Kaley's message will motivate you to step out of your comfort zone and unlock your full potential.

## Modular Options

Kaley Chu's keynote speaking topics are modular, which means they are flexible and customizable to fit her audience's needs. Starting with her story of "100 lunches with a stranger," Kaley can seamlessly weave in other topics by sharing with people the top 3 lessons she learned from her lunch journey. This modular approach allows Kaley to educate and engage audiences with relevant content that resonates with them.

## Customized Topics

Have a particular theme for your event, key messages you want to convey, behaviours you want to reinforce?

Kaley can tailor her presentation to suit and ensure that it is in line with your strategic and corporate objectives. Ask how Kaley can add enormous value to your next event.



# Menu

## - STARTER -

- ✓ *100 Lunches with strangers background and journey*  
Get out of the comfort zone and achieve more in life

## - MAIN -

Choose any three  
Customized topics upon request

- ✓ *Speak Up*  
Your voice matters
- ✓ *Diversity & Inclusion*  
Embrace the differences
- ✓ *Dealing with rejections*  
Turn rejections to opportunities
- ✓ *Networking*  
Connect and create opportunities
- ✓ *Adapt to change*  
Get comfortable being uncomfortable
- ✓ *Think Big*  
Get out of the comfort zone and achieve more
- ✓ *Purpose of life*  
Fulfillment comes from helping people

## - DESSERT -

Choose any one call to action  
Customized topics upon request

- ✓ *Let's lunch and connect*  
With strangers or internal staff to build connections
- ✓ *You can do it!*  
You can change your destiny



# Keynote Topics

## *100 Lunches with strangers*

Kaley's presentations are loved by audiences of all kinds – business, entrepreneurs, women's group, immigrants, schools, sales teams, managers, team leaders... In fact, anybody who wants to smash through their limiting beliefs and change their destiny.

**Other than her signature speech, her other most requested speaking topics are...**

**TOPIC 2** *Ignite your sales team's potential with a fresh mindset and new strategies for creating new, profitable relationships - a new way of prospecting.*

Kaley's highly engaging and motivating presentations will give your team practical strategies for making more and much deeper connections that will lead to greater engagement, stronger relationships and ultimately, more business! Your sales team will have an entirely new paradigm to operate in – one in which they do not let their comfort zone, past performance, fear of rejection or limiting beliefs hold them back from achieving their goals. At the same time, they will be more authentic in their approach to building strategic connections and winning new clients.

**TOPIC 3** *Your Voice Matters - Speak Up!*

Are you tired of holding back your ideas, feelings, or energy? In this keynote, Kaley shares inspiring real-life stories that demonstrate how speaking up can transform our personal and professional lives. Kaley will engage your audience in interactive activities that empower them to find their voice, overcome their fears, and make a difference. By the end of her speech, your attendees will be inspired to speak up and share their ideas, feelings, and energy, ultimately helping them to connect, inspire, and shine.

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# Workshop

Kaley is a highly experienced facilitator of engaging workshops available in virtual and in-person formats, catering to a diverse range of audiences from teenagers to corporates. She has led over 100 workshops ranging from 30 minutes to 3 days, consistently receiving rave reviews for her engaging style, insightful content, and ability to create a safe and supportive environment for learning. From casual events to corporates, from teenagers to senior executives, Kaley's workshops provide valuable insights and actionable strategies for personal and professional growth.

## Her most requested workshop topics are

### **TOPIC 1** *Your Voice Matters - Craft your speech and speak up*

From a shy immigrant to an in-demand, award-winning, international keynote speaker in 3 years. In this workshop, you will learn the fundamentals of speechwriting, delivery, and presence. Kaley's highly interactive workshop is designed for individuals who want to develop their public speaking skills and confidently share their message. At the end of the workshop, you will have a speech crafted and ready to present.

Recommended time: 2-6 hours

### **TOPIC 2** *How to lunch - Building authentic, meaningful connections over lunch*

Looking for expert networking tips from someone who has transformed her career and personal life by building authentic connections? In this interactive workshop, Kaley shares her step-by-step process for lunch networking, including finding the right connections, crafting meaningful conversations, and staying connected beyond the lunch table. With over 400 successful 1-to-1 lunches under her belt, Kaley's strategies are tried-and-true, and she can teach you how to turn a simple lunch into a valuable networking opportunity.

Recommended time: 1- 3 hours

### **TOPIC 3** *Clarity is Power - Create your vision board*

Visualisation is one of the most powerful mind exercises you can do. A vision board is a tool used to help clarify, concentrate and maintain focus on specific life goals. It is a great way to keep you motivated, on track, and encouraged. BUT, not all vision boards are effective! In this workshop, Kaley will share 7 of the most important tips on how to create a vision board that gives you the best chance of succeeding.

At the end of the workshop, you will have your very own vision board ready to be displayed, get you excited and help you jump out of bed every morning to tick off those goals!

Recommended time: 1.5 - 3 hours

### **TOPIC 4** *Stand out and shine - Personal Branding Matters!*

Discover the power of personal branding with Kaley's expert guidance. In this workshop, you will learn to define your unique value proposition, craft a compelling personal brand story (hero's journey), and develop strategies to communicate your brand effectively.

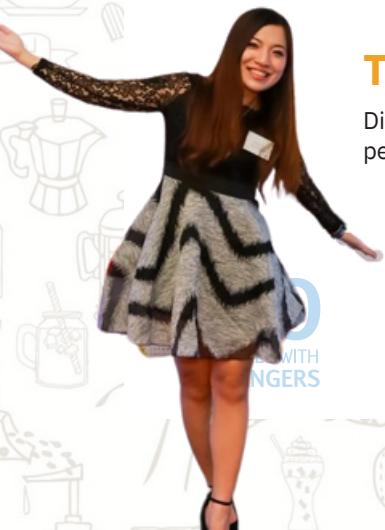
Recommended time: 1.5-3 hours

### *Customised Topics*

Have a particular theme for your workshop, key messages you want to convey, behaviours you want to reinforce?

Kaley can tailor her workshops to suit and ensure that it aligns with your strategic and corporate objectives.

Ask how Kaley can add enormous value to your next event.



# Virtual Event Studio



Kaley Chu



Kaley Chu



## Studio-quality Microphones and lighting

Equipped with professional lighting and Blue Yeti microphones.



## Platform Understanding

Experienced in Zoom, Teams, Meet and any online video platform.



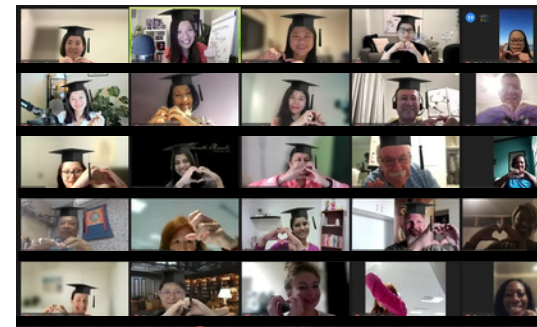
## Reliable Internet

High speed broadband with mobile internet as a backup.



## Multiple DLSR 4K Cameras

Quality vision with multiple angles that keep everyone engaged.



## Music and Sound Effects

Music and sound effects energised the participants.



## Handouts

Editable PDF worksheets for participants to download or take notes.



## Chat Engagement

Kaley will encourage the audience to share via chat box.



## Interactive Tools

Use of PowerPoints slides, flipchart, stream deck and videos to interact with the audience.



# Resources for your audience

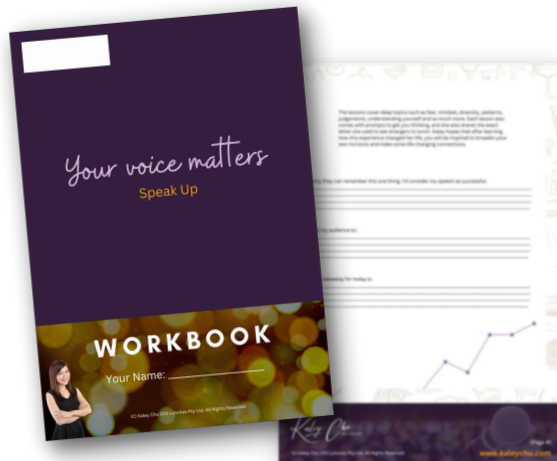


## *100 Lunches with Strangers book*

'100 Lunches with Strangers' is essentially 15 lessons that detail Kaley's transformation, from quiet and reserved, into confident and ready to take on any challenge.

The lessons cover deep topics such as fear, mindset, diversity, patterns, judgements, understanding yourself and so much more. Each lesson also comes with prompts to get you thinking, and she also shares the exact letter she used to ask strangers to lunch. Kaley hopes that after learning how this experience changed her life, you will be inspired to broaden your own horizons and make some life changing connections.

This book is the telling of how the simple and consistent application of action, driven by the fundamental human instinct of seeking authentic connection, is the cornerstone of every fruitful relationship.



## *Free workbook*

Complimentary workbook for your audience to reflect with interactive exercises, action plans and tips.



## *Meaningful conversations poker cards*

This conversation starter card offers over 100 meaningful questions that can help your audience form stronger connections with strangers.

# Testimonials

"Thanks Kaley for delivering such an incredible keynote presentation at our Conference. Not surprisingly it scored the highest rating from our members. Your story is testament that we really can change our destiny. Yes, you need to be incredibly courageous and yes you also need to be very committed to sticking to a plan, but you have shown that we can all do it! Your keynote and book should be mandatory reading for all school-leavers to better prepare them for all that life can offer PLUS anyone employed in a job that has a sales component. There has never been a more unique prospecting initiative and how when it's done right, it can transform you and the potential of your business."

**Michael Russell**

*Managing Director at Money Quest*

"Kaley's session has been very valuable for us and can best be described as a breath of fresh air. Traditionally, motivational speakers present themselves with enviable talent, or typically overcoming severe hardship with perseverance. However, Kaley took us on another journey entirely, one so much needed: there was no special talent, crippling shyness, a lack of confidence and a desire many of us share: to do more. The audience connected with Kaley really well and felt understood. Kaley shared an extremely valuable toolset that is as simple as it is genuine, and we laughed and cried when she described her journey. I never met a group so empowered after they heard Kaley speak, there was a strong resonance and her session truly made a difference to our organization and our ambitions as a company. I highly recommend Kaley to anyone who is considering her services. "



**100**  
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**STRANGERS NO MORE**

“From silent awe to outbursts of laughter Kaley Chu captured the attention of every participant as she shared her 100 Lunches with Strangers story, at the HRIA Women in Hire Program (WIH). Kaley’s natural warmth, sense of humour, authentic style and unique story was compelling. Thank you, Kaley, for inspiring each of us to step outside our comfort zone. We look forward to warmly welcoming you again at future events.” **Aileen Hiskins** *Managing Director at Strategic Alignment Training*



“Kaley has the most unique combination of charisma and authenticity, as she captivated the room through sharing her very personal story, followed by an intimate live Q&A session. She was insightful and engaging, offering pragmatic advice on how to approach networking and relationship building. Kaley is not your usual cardboard cut-out keynote speaker; her natural charm comes without pretention. She is particularly inspirational to those who struggle with shyness and introversion, her subtle confidence serves as proof of what is possible after “100 lunches with strangers”. The Sydney Professional Development Forum would like to thank Kaley Chu for her generosity and candor. We highly recommend her as a keynote speaker for your upcoming event” **Jeffery Wang**

*Founder at Sydney Professional Development Forum*

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I highly recommend Kaley to anyone who is considering her services.”

**Annemarie Diepenbroek** *Apac Leader Women’s Exchange Connect at Honewell*





"National Mortgage Brokers recently invited Kaley to present at our national professional developments days. Whilst largely unknown beforehand, Kaley's story about how she conquered her inexperience and inner fears to go out and network to the world resonated with all in attendance. Kaley's natural presentation style and ability to connect with her audience was outstanding. I highly recommend Kaley for any business looking to motivate their teams to go out and build new networks.

**Gerald Foley**

*Managing Director at  
National Mortgage Brokers*

"Kaley shared her very personal story of being a shy international student in Australia and how she overcame her shyness and transformed her life through networking with strangers. Her inspirational story helped our students see the value of stepping out of their comfort zone to open up a world of possibilities. Kaley connected with our students with her personal stories and followed up with an intimate live Q&A session. She was insightful and engaging, offering our students with valuable advice on how to approach networking and relationship building.

The ANU Careers Team would like to thank Kaley Chu for her generosity in talking to our students. We highly recommend her as a keynote speaker for your upcoming event. "

**Skye Luton**

*Employer Relations & Careers Officer at Australian National University*

"Kaley was a very engaging speaker and very generously shared with us her journey from crippling shyness to becoming a confident public speaker and people connector and motivator through her 100 Lunches with Strangers project. She demonstrated the immense value of stepping out of one's comfort zone and expanding one's network and provided extremely helpful tips for networking that would be relevant for all, particularly for the lawyers from foreign backgrounds that our initiative aims to assist. Kaley's passion for reaching as many people as possible about this life changing means of creating opportunities for oneself and in the course of it, living one's life fully, was clear from her conversation with us. Her genuineness and honesty, as well as kindness in answering questions from our audience, shone through and was much appreciated. We are very glad to have had the chance to have Kaley join us on this occasion and wish to express our heartfelt thanks to her for doing so. "

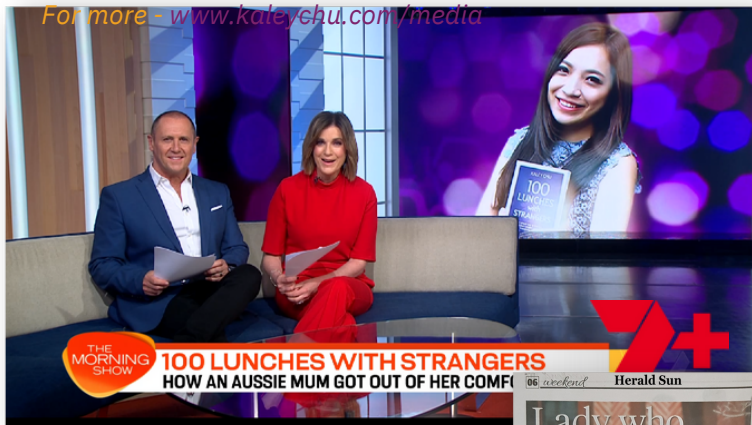
**Molina Asthana**

*National Vice President at Asian Australian Lawyers Association*



# Media

Since publishing the book, Kaley has been featured in Channel 7, The Age, Money Magazine, Harvard Business Review, ABC news, Herald Sun and Sydney Morning Herald and has also appeared on radio stations and podcasts across the world.



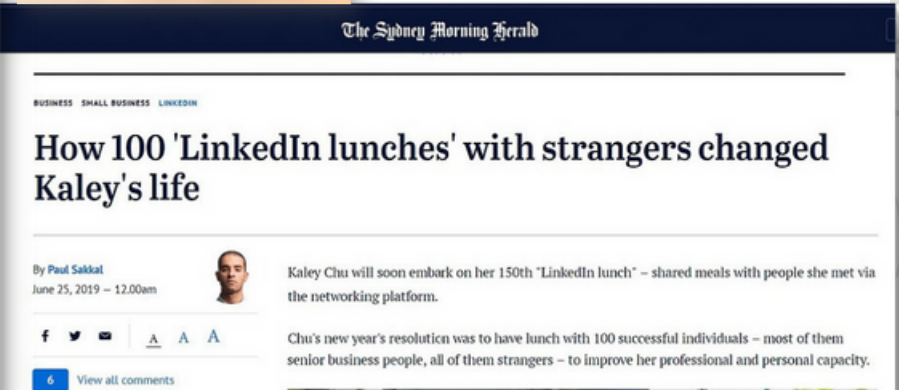
"I can pick who will make it, and I believe Kaley will. The concept of 100 meetings with interesting and successful people will benefit her in spades. If Kaley knew or could learn what we know now, but at her young age, with her passion and enthusiasm – she would own the free world."

**Ray Malone** CEO of AMA Group



**Summary.** How do you feel about networking? Kaley Chu, author of *100 Lunches with Strangers*, shares her story of learning to build her network.

"One of the biggest shocks for me, when I moved to Melbourne, was that people called each other by their first names, which was very different from the culture I grew up in." Kaley Chu, the author of *100 Lunches with Strangers* told me over a video



Kaley Chu with Ray Malone, founder of \$680 million crash repair company AMA Group.

**What's Life! Mega MONTHLY** **REAL LIFE!**

By stepping out of her comfort zone, Kaley Chu, 31, transformed her life

# I'VE HAD LUNCH WITH 240 STRANGERS

**WOW!**

**S**itting down with my boss, John, I felt a rush of nerves. It was January 2018, and I was having my first performance review at work in Melbourne, Vic.

A business development manager, my job was to meet with clients.

The next day, I met Dan, an Italian guy. I'd met about your family, he prompted.

Seriously, I could only say a few words. He was lovely, but I struggled to chat. I encouraged myself.

So I forced myself to go on another lunch the next week, with clients.

Gradually, I started to feel more confident with speaking to people. John told me, goody. It was what I'd expected. I loved my job, but being painfully shy, when it came to face-to-face meetings, I found myself unable to speak.

"I know," I laughed. "I don't know how to change it."

Chatting through a few ideas, we agreed I needed to put myself out there.

Together, we came up with a medical plan - I should have lunch with 100 strangers. The thought was terrifying, but I knew I needed to change.

Heading online, I sent a message to 50 professionals explaining my situation. Some ignored me, while others said they were too busy.

The three people replied within a year and before I knew it, I had my first lunch booked.

"So someone said we were plugged through the sky," Vincent, said as we sat over moon, two and four, not bed.

stand-up comedy come with Vincent by my side.

We had such a laugh - even though it was challenging after 11 months. I had my 100th lunch. By now, my confidence was so high and I could talk to anyone!

"There is a new woman," John smiled.

Work was much better, but I didn't want to stop my 100-stranger lunches.

Wanting to help others in my shoes, I wrote a book, *100 Lunches With Strangers*. I'll be in Melbourne when strangers meet out to you!

Just to pay the bills and my laptop," I said.

"You need to think about your life potential," he explained, encouraging me to find passion and hobbies.

So, I started asking my lunch dates about their different interests.

One man told me how he was a cancer survivor and had just done a skydive.

Inspired, I did one for my 30th birthday with Vincent.

"It was such a thrill as we plunged through the sky," Vincent, said as we sat over moon, two and four, not bed.

After 100 lunches my confidence was sky-high

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# Herald Sun SMARTliving 9

HOW DINING WITH 100 STRANGERS PUSHED A SHY WORKING MUM OUT OF HER COMFORT ZONE

## Lunchtime cure

**W**hen you need a new perspective, look to the people you don't know. Kaley Chu, 31, has transformed her life by stepping out of her comfort zone and meeting 100 strangers for lunch.

She started by meeting one stranger a week, but now she's had 240 lunches. Her confidence has soared, and she's written a book, *100 Lunches With Strangers*.

Chu, who works as a business development manager, says she was once painfully shy. "I was so nervous, I could only say a few words," she says. "But I encouraged myself to go on another lunch the next week, with clients."

Over time, she started to feel more confident. "I started to feel more confident with speaking to people," she says. "I loved my job, but being painfully shy, when it came to face-to-face meetings, I found myself unable to speak."

Chu decided to put herself out there. "I sent a message to 50 professionals explaining my situation," she says. "Some ignored me, while others said they were too busy. But three people replied within a year, and before I knew it, I had my first lunch booked."

Chu's lunches have led to many interesting encounters. "I met a cancer survivor who had just done a skydive," she says. "It was such a thrill as we plunged through the sky."

Chu's story has inspired many others. "I've written a book, *100 Lunches With Strangers*, to help others in my shoes," she says. "I'll be in Melbourne when strangers meet out to you!"

**How to branch out**

Chu says she's not a professional networker. "I'm just a mom who wanted to meet new people," she says. "I started by meeting one stranger a week, but now I've had 240 lunches. My confidence has soared, and I've written a book, *100 Lunches With Strangers*, to help others in my shoes."

**Why drinking a coffee on a flight can land you in hot water**

It's a common sight: a person on a flight drinking a coffee. But what if that coffee is the only thing you have to drink for the rest of the flight? It could be a problem.

Chu says she's learned a lot from her lunches. "I've met people from all over the world," she says. "I've learned that it's important to be open-minded and to try new things. I've also learned that it's important to be confident and to speak up for yourself."

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### How 100 lunches with 100 strangers changed Kaley Chu's life

ABC Radio National | By Sarah Scopellano and Maria Tickle for This Working Life

Updated about 8 hours ago

PHOTO: To get over her shyness, Kaley Chu threw herself into the deep end. (Supplied: Kaley Chu)

Kaley Chu has a confession: before embarking RELATED STORY: When Andrea lost her job, she had just 10

THE AGE

The Sydney Morning Herald



nova

Daily Mail

foxtel Who

The CEO Institute  
A meeting of minds



ticker Money  
CREATING FINANCIAL FREEDOM

Herald Sun



MPA  
MORTGAGE PROFESSIONAL AUSTRALIA

89.9 Light FM

PSA Professional Speakers Australia

FEMALE.com.au



yahoo! finance



Harvard Business Review

# Working with Kaley

## Before

- Personal briefing with Kaley Chu to discuss the conference messages and key outcomes. A customised keynote content outline is developed and reviewed to meet all expectations.
- Kaley will create a pre-conference promotional video (60-90 seconds) to promote the event and pique their interest in the presentation.
- Kaley will create a comprehensive presentation workbook for your attendees for you to print. This workbook will also include action plans and key presentation models for attendees to refer back to later.
- You will receive a speaker kit, which includes the audio-visual requirements, personal introduction, bio, photos, and any additional marketing material needed for the presentation.

## During

- Kaley will deliver a dynamic and interactive presentation utilizing in-presentation feedback, participant contributions, and innovative virtual learning techniques. She will also facilitate a Q&A session with participants to ensure their engagement and understanding.
- Kaley will attend scheduled AV checks and rehearsals as needed, and will be available in the room 60 minutes prior to the presentation start time.
- Above all, Kaley is committed to delivering her presentation within the allotted timeframe and will make adjustments as necessary to keep your day's agenda on track.
- She will also provide access to additional resources and tools for each participant, including the opportunity to connect with her personally for any further questions or guidance.

## After

- Kaley will stay back to meet and greet the audience after the event.
- Optional book signing and individual Q&A session with Kaley Chu will be available.
- Each attendee will receive a free eBook and worksheets to download.
- Additional post-conference videos or audio messages can be delivered to the group.



# Connect with Kaley



Phone / SMS : +61 421 312 288

Email : [hello@kaleychu.com](mailto:hello@kaleychu.com)

Book a chat : [kaleychu.com/chat](http://kaleychu.com/chat)

Website: [kaleychu.com](http://kaleychu.com)

Showreel: [kaleychu.com/speaking](http://kaleychu.com/speaking)



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