



# FRANCES MANWARING

## Speaker Profile

I'm a creative leader, author and entrepreneur. I love inspiring people to feel good about themselves — I'm particularly fired up by helping women stay vibrant and confident at every stage of their lives.

My speaking topics cover resilience, navigating life's twists and turns and how a strong personal brand can help us stay confident and visible. One of my current favourite themes is, if life gives you lemons, get creative. I believe mistakes are the dues you pay for a full life and if your ship doesn't come in you have to swim out to it.

I've lived a pretty full and varied life which I've drawn on in my book [Never Succumb to Beige & Other Tips for a Colourful Life](#). It hasn't all been plain sailing. But a lot of things that haven't killed me have most certainly made me stronger, helped by a lot of navel-gazing to understand why they nearly killed me in the first place. I'm still swimming!

My publicist calls my style part essay, part memoir, part self-help. In other words, I tell a good story. That probably also describes my speaking style — think Bill Bryson meets Caitlin Moran and you won't go far wrong.

Becoming co-owner and managing director of creative agency Moxie Communications in 2010, felt like a natural extension of a career helping great ideas reach the world. Prior to Moxie, I worked for two startups that went on to become global brands and co-founded several businesses including a pioneering smartphone app for events and New Zealand's first virtual events producer. I've held senior management and governance roles in four countries across several sectors and developed standout brands for clients of all types, and a fair few of my own businesses.

Originally from the Scottish Highlands, I spent 14 years in working in London postgraduate before moving to New Zealand in the mid-nineties. I now live in its capital city, Wellington.

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

## Endorsements

*We loved listening to you Frances — and all the valuable insights you shared at our Women in Business event. It was a pleasure to have you in Matamata. Thank you for inspiring us!*  
Marlene Thomas, Matamata Women's Business Network Event Organiser, March 2025

*What a pleasure it was meeting you and hearing your valuable knowledge, it was a very inspiring evening and both Suzie and I loved our experience. I am feeling very empowered.*  
Melissa Furze, Managing Director, Bella Vi, March 2025

*Loaded with value thank you Frances.*

*Thank you, Frances, very helpful!!*

*Wow! A lot covered in a short time. Great reminder to be very intentional about what a brand is trying to achieve.*

Feedback from attendees at Bold with Brands Mini-Conference, February 2025.

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## Events and Interviews

[Interview with Jim Mora on Radio NZ's Sunday Morning Show](#)

[Interview with Your Books](#)

[Interview with NZ Booklovers](#)

[Review GrownUps NZ](#)

[Living a more colourful life in The Post](#)

[Unputdownable Books — Verve Magazine](#)

[Feature chapter extract and review in Focus Magazine](#)



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## Sound interesting? Lets talk!

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*Frances*

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