

DR GEMMA PERRY

EVIDENCE-BASED SOUND FOR WELLBEING



Gemma translates the science of sound into practical, experiential sessions that help teams connect, reduce stress, and sharpen focus. With a PhD in psychology from Macquarie University, Gemma has spent over a decade investigating how sound affects the brain and body. Expect the same rigour as scientific research, with a bit more fun.

TALKS & SESSIONS

Science of Sound Keynote (45–60 min)

Drawing on her psychological research, Gemma explains how sound impacts the brain and body, then guides the audience through practical techniques to manage stress, sharpen focus and enhance connection.*

Movement & Mantra Workshop (60–90 min)

An experiential session of sound, breath, movement and reflection to support focus, emotional regulation and connection.*

Sound & Breathwork Retreat (half or full day)

A deeper immersion for restoration and genuine team connection including sound, movement, breathwork, and reflection practices.*

*Learn transformational practices to apply to daily life beyond sessions. Everyone leaves with digital resources, including guided practices, to use and take back to their teams.

WORKED WITH



AS SEEN IN



Presenter, AHRI NCE 2026



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📞 [Book a complimentary discovery call](#)



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