

## Biography

Dr Ellen Joan Nelson is an ex-army academic business mum, with deep expertise and practical experience in leadership, gender, well-being and the future of work. Ellen has spoken at TEDx Auckland in 2022, advised many corporate and government organisations, including the NZ Army, and her research and ideas to improve the working world have been published multiple times. As a speaker, facilitator and consultant, Ellen helps organisations to remove structural barriers facing women and parents, while simultaneously experiencing improvements in organisational metrics such as: wellbeing, retention, leadership, productivity, innovation and business performance. She is involved in the Food and Fibre leadership development project with Rural Leaders. Her volunteer team, including Chris Parsons and Martin Dransfield, evacuated 563 people from Afghanistan to New Zealand. Ellen is the Kiwi Bank New Zealander of the Year 2023 'Local Hero', and was also awarded Person of the Year 2022 - Manawatu Standard. Ellen started the **#workschoolhours** and **#belongingautonomypurpose** movements. [www.ellenjoannelson.com](http://www.ellenjoannelson.com)

<https://www.facebook.com/DrEllenJoanNelson> | <https://www.instagram.com/ellenjoannelson/>

<https://www.linkedin.com/in/dr-ellen-joan-nelson-791a2655/>

<https://www.youtube.com/channel/UChnKaTOIMkHP8Hds42agsqw>

KiwiBank New Zealander of the Year – Local Hero video: <https://www.youtube.com/watch?v=bOQzut9fy3M>

3 min summary #BelongingAutonomyPurpose: <https://www.youtube.com/watch?v=0Af8hCdrPU0>

Ellen's philosophy on leadership: [Leadership Lessons from Afghanistan Evacuation.pdf](#)

