

A Guide

KEYNOTES, SEMINARS & WORKSHOPS

DR MARNY LISHMAN



KEYNOTE SPEAKER - PSYCHOLOGIST - COACH - AUTHOR

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LEARNING & DEVELOPMENT FOR YOUR PEOPLE

If you're looking for a speaker to inspire or educate a group or workplace team, then Dr Marny presents on a wide range of topics. She has presented to thousands of individuals over the last 15 years on topics that promote growth and change by helping people become the best they can be. From Keynote Presentations, Lunch & Learns, through to the longer and practical workshops, there is something to suit your audience.

All learning and development experiences can be designed to the needs of your specific audience or industry. Dr Marny is available for local, national & international presentations in-person and virtual.

ABOUT

Dr Marny Lishman is a Health & Community Psychologist, Author, Leader Wellbeing & Mindset Coach, Keynote Speaker, Media Commentator and Channel 9 Perth's Resident Psychologist.

Her work involves creating agility of the mind, so that her clients can become more successful in their professional and personal life. Marny helps her clients increase their psychological capacity to not only design & create the life that they are envisioning, transform their internal capabilities to beyond what they thought possible, but deal with life's individual and collective disruptions that people will inevitably face on their pathway to success.

An experienced facilitator, trainer, speaker, therapist, coach and mental health program developer, Marny has worked in a range of industries that has included designing and implementing government prevention programs, to training professionals in cutting edge evidence-based programs in the health industry. She has also worked at Edith Cowan University and Curtin University as a sessional academic working as a lecturer & tutor for a variety of psychology courses. A nurturer at heart, Marny has ran a successful private practice in Perth, Western Australia for the last 10 years.

Marny is presently focusing her efforts on mindset development in teams and delivering inspirational and influential presentations to audiences to arm them with the psychological tools to increase their own psychological capability and flexibility to fit with today's fast-moving and uncertain world. She has presented for and worked with several leading organisations including Chevron, Reinvention Consulting, Synergy, Murdoch University, NAB Wealth, Westpac, INPEX, Curtin Business School, Seven West Media, Chamber of Commerce & Industry, RAC, LG Professionals, Capricorn & a large number of WA schools & law firms. She is also a co-host of Trail-Blazer, a leading inclusive leadership program and is the psychologist presenter/adviser at A Stitch In Time, a well-known Western Australian mental health charity organisation which provides mental health and wellbeing training to schools & sporting clubs.

Marny is a sought after national mental health & wellbeing expert that provides commentary on a variety of mental health topics on TV, radio and in print. She is the Resident Psychologist on Channel Nine's '9 News at 5' in Perth and has been a columnist for Australia's Body + Soul, & The Sunday Times.

An animal lover who requires lots of sunlight and time in nature, Marny is her best self when she can go on long daily beach walks with her dog, can indulge in reading her books, meditate and spend time with her shiny (but rather) loud children.



PRESENTATION TOPICS

FOCUS: HOW TO BECOME INDISTRACTABLE

If you've ever settled in to get a hard days work done, confident that the 8 hours will be productive ... and ended up doing anything but, you're not alone. With all good intentions to stay on task, we end up distracted and finding ourselves caught up in something entirely different with our attention pulled in all directions other than where we intended it to go. It might be scrolling through instagram when we should be working on a project, it might be checking emails every five minutes, constantly checking news feeds or even picking up our mobile every time a notification grabs our attention. If you're a typical working individual, you'll be distracted every 11 minutes; and, it will take you 25 minutes to settle down again to your task. Distractions have a huge cost on our focus and productivity. If you want to improve or increase your focus, you need to learn to deal with the distractions in your life. This presentation gives audiences the powers of 'indistractability' so they can be more productive in the workplace.

WORK/LIFE BALANCE: NURTURING THE PERSON BEHIND THE PROFESSIONAL

As the saying goes "...you can't pour from an empty cup" and never does this seem more true than when we're feeling stressed. Many professionals are wired for achieving, and self-care often takes a back seat. This presentation gives participants the knowledge and the mindset to work towards creating a satisfying and fulfilling life, even when working under stress or in a high-pressure industry. This seminar outlines the crucial key areas that psychologists & coaches know that busy professionals need to be aware of and to be proactive in to manage their own wellbeing, so they can present their best self in their personal and professional life.

PREVENTING BURNOUT: HOW TO MANAGE OCCUPATIONAL STRESS IN THE WORKPLACE

Noticed you're dragging yourself to work lately? Feeling cynical about it? Exhausted throughout the day? Productivity reduced? The passion you once had for your work disappeared. Perhaps it's not because you hate your job, but rather because you're suffering from BURNOUT. With the World Health Organisation (WHO) recently recognising burnout as a medical condition, it's now time for individuals & employers to take notice of this as a serious condition that has an enormous impact on the psychological and physical wellbeing of the sufferer. Not to mention, the flow on effect in the workplace. What are the signs and symptoms of burnout? What can assist a person suffering from burnout in the workplace? What can an individual do to prevent & treat burnout?

FLOW: THE ART OF PSYCHOLOGICAL FLEXIBILITY

With ongoing disruptions to our schedules, plans and life in general, do you ever wonder if you'd get less worked up or stressed out if you were less annoyed about change, stopped blaming others for making you change, became less resistant and just let life "happen"? Psychological flexibility refers to a person's ability to stay in the present moment and accept difficult thoughts, feelings and sensations as well as process & work through each of them. It involves being able to take a broader, more holistic view of the situation and adjust our life accordingly. And most of all, it helps people keep living according to their deeply held values and proactively design their life with the learnings from their personal growth experiences.

Going with the flow does not come naturally to many, but it's a useful trait for all of us to develop to help maintain good mental health wellbeing particularly in this time of continuous adapting. In fact, many experts argue that psychological flexibility is the 'super skill' of resilience and mental health, and this seminar covers exactly what it is, and what steps an individual needs to take to become more flexible to change.

PLAY: BENEFITS OF ADULT PLAY & HUMOUR IN THE WORKPLACE

Babies laugh, on average, 400 times a day; people over 35, only 15. Adults tend to be the fun police, but laughter has increasingly been shown to be exactly what the doctor ordered. From reducing stress, boredom, tension, and anxiety to increasing wellbeing, creativity & productivity, laughter is being seen to be the perfect antidote to the serious and often sombre adult world we live in.

Play has been shown to increase happiness, momentarily as well as over time, when we build more of it into our busy schedules. Play has also been shown to improve relationships, aiding in connection with the people in our lives. What is adult PLAY about, and how can we do more of it as adults? This seminar talks through the evidence behind play & humour and participants will engage in activities to get their creative brain working and get a taste of how play & laughter can improve performance.



ADAPT: WHY MINDSET MATTERS IN THE CHANGING WORKPLACE

Unless change is our idea, we don't tend to like it. In fact, if change is imposed on us, either too quickly or if we can't predict the benefit, it's likely that we will resist it. But in a world that is unpredictable, fast-paced and ever-changing, being adaptable is a crucial human trait to have. Is your organisation experiencing change, going through stressful times, or are staff not operating to their fullest potential? This seminar gives participants a suite of evidence-based tools & techniques to manage their mind so they can adapt to change and still perform at their best despite the regular organisational pivots. Marny covers the most useful cognitive techniques that she gives her own individual clients that helps them manage their mind so that they feel calmer and more focused, both at work and in their personal lives whilst going through adversity.

FLOURISH: BOOST YOUR CONFIDENCE & BANISH YOUR INNER CRITIC

Low confidence or low self-esteem can hold many of us back from the dream life that we truly want. When we're confident it helps us feel comfortable and ready to jump fully into a myriad of life experiences. We're more likely to move towards our goals with different people and take up opportunities. Having higher confidence and self-esteem does take practice, so this seminar covers a range of techniques we can use daily to boost our confidence, banish the inner critic within and take back the steering wheel of life!



SLEEP: SLEEPING YOUR WAY TO SUCCESS

Before the invention of the electric light most people were getting 10 hours of sleep a night. Us adults now get roughly about 6 hours a night, if we are lucky. Obviously, we can survive on this lesser amount of sleep, but it comes at a cost. With our modern sleeping behaviours, we are pushing it way past what our bodies have evolved to do, and subsequently we feel the harsh consequences. Sleeping is for relaxing, recharging, rejuvenating and resetting; and there are few special tools that adults need to know to actualise a good and healthy sleep. In this seminar, Marny will discuss the neuroscience behind sleep, and what behaviours are crucial for people to incorporate into their daily rituals to not only get a regenerating sleep, but one that boosts their performance in their waking hours.

MANAGE YOUR MIND: RE-WIRE YOUR THINKING STYLE

Being mentally healthy is more than just not being depressed or anxious. It means being able to manage your mind in moments where it tends to become unhelpful rather than helpful. It might be worrying too much about the future or thinking too much about the past or even constantly overreacting to certain situations in the moment. Thinking like this is unhelpful, distressing, exhausting and pulls us away from optimal functioning in all areas of our life. Being mentally healthy allows us to perform at our best and reach our full potential, and most of us need a little help with this. This presentation gives participants a selection of 'mind tools' to manage unhelpful cognitions and develop a healthier way of thinking.

STILLNESS IS THE KEY: BENEFITS OF PRESENCE-BASED LIVING

Instead of being physically in the moment but mentally in the past or future, learning to be present can not only optimise our brain functioning, self soothe in times of stress but increase our creativity and boost performance. Learning how to be in the present moment is a must when we are prioritising self-care. From meditation to visualisation, from mindfulness to diaphragmatic breathing, this seminar teaches the evidence behind these life-changing techniques, shares stories of successful people who practice 'presence' as part of their success toolkit and teaches some practical techniques that participants can use so they can operate at their psychological and physical best.

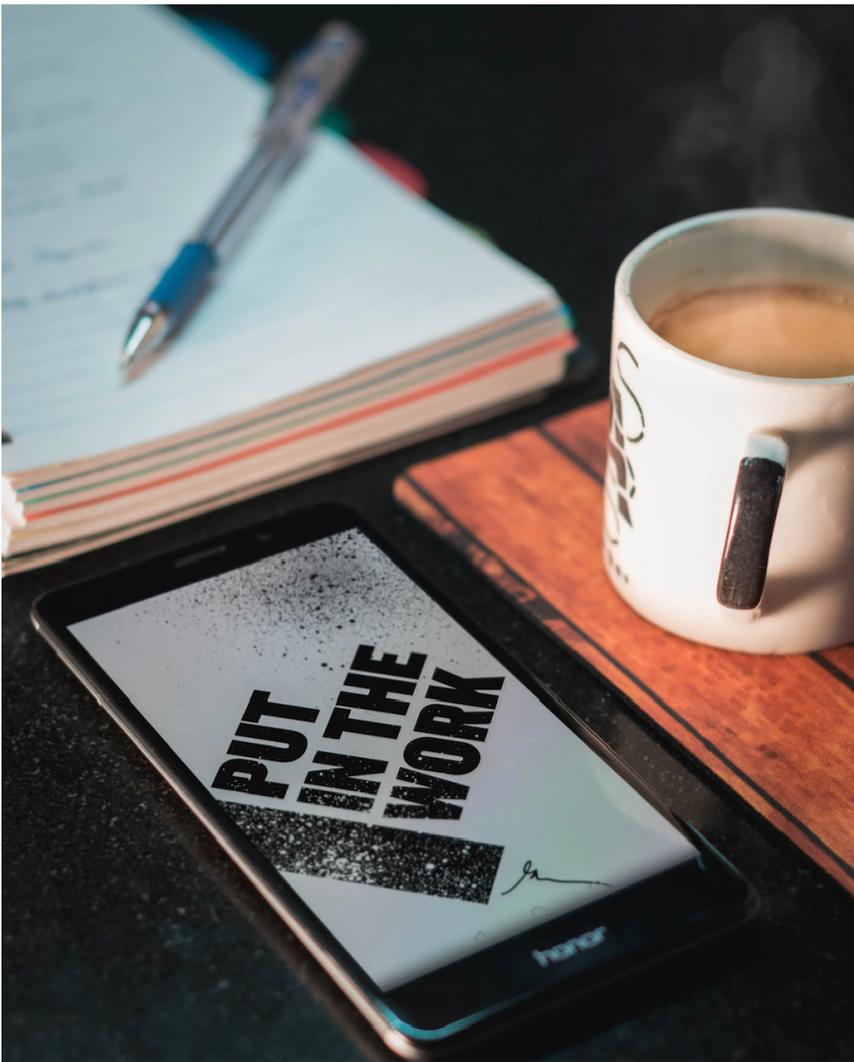
GRIT MINDSET: THE SECRET TO SUCCESS

What do passion, perseverance, effort, and stamina have in common? They're the key ingredients of what makes someone successful. In the modern workplace, it takes more than intelligence or talent to get where you want to go, and there's increasing research that's demonstrating there's more to success than brains. Through evidence-based research and narrative from the world of high-performance, this seminar teaches the secrets of the grit-advanced and what participants can start practising to build their own personal grit mindset to apply to areas of their own life.

RE-ENERGISE: ENERGY MANAGEMENT IN YOUR PEOPLE

In the modern working environments, people are stressed. To effectively re-energise their workforces, organisations need to shift their emphasis from getting more out of people to investing more in them, so they are motivated—and able—to bring more of themselves to work every day. To recharge themselves, individuals need to recognise the costs of energy-depleting behaviours and then take responsibility for changing them, regardless of the circumstances they're facing.

In this seminar Marny works with participants to take control of their own energy by adopting a series of evidence-based rituals that can be used to re-energise their professional and their personal lives.



PROBLEMATIC PERSONALITIES: HOW TO DEAL WITH DIFFICULT PEOPLE

No one likes dealing with a difficult person. Life would be so much easier if we could just avoid all the people we dislike. But unfortunately, we often can't do this. We might have a client group that gets to us way too much, or maybe it's certain interactions with specific people in our life that cause ongoing distress. Difficult people are everywhere. We might have to work with one, our best friend might be married to one or we might even be related to one. It's a delicate art

but dealing with problematic personalities is something you can learn. This presentation talks through the types of difficult people we generally encounter, the effects they have on us and outlines the powerful communication strategies that we can use in our personal and professional lives to remain cool, calm, confident and collected in our interactions with difficult people.

EMOTIONAL CAPITAL: WHY EQ IS CRUCIAL IN THE WORKPLACE

If you've felt deeply emotional about the latest political decision, you're certainly not alone. Negative emotions are at an all-time high in reaction to political pivots and changes, and individual interpretations and reactions is causing division in our communities. Whether it's locking down, mask wearing, borders staying closed or vaccinations – each individuals has their own story, own experience, own belief systems that drive how they are feeling. The decisions 'mean' different things to different people – and it's important that we understand that. Empathy is the ability to look through the lens of someone other than yourself. It's the ability to understand another person's experience, perspective, and feelings. Empathy is a CRUCIAL skill for community members to embrace in this fast paced, uncertain, and ever-changing world we are living in. What is empathy? Why is it needed more than ever? What can we do to start being more empathetic to others in the community, particularly when their beliefs don't align with ours?

WORKPLACE WELLNESS: ACTUALISING 'WELLNESS' IN THE MODERN WORKPLACE

Research has consistently shown the positive correlation between employee wellbeing and productivity. For many organisations having a healthy, content and engaged workforce is no longer seen as a "nice extra" but crucial for the success of their business. However, in a busy organisation, knowing where to start is often difficult. This seminar raises the consciousness around what matters in the workplace for 'people' to perform at their best and gives workplaces an understanding of the key areas that need to be taken in to account when when actualising a workplace strategy that is conducive to psychological and physical wellness of their team.

All topics are able to be presented as:

Keynote presentations (30 min - 60 mins)

Seminars (Half Day)

Full Day Workshops

Contact me for a design discussion & personalised quotation.

AS SEEN IN ...



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