

A GUIDE
SPEAKERS KIT

Learning & Development Experiences

DR MARNY LISHMAN

SPEAKER - PSYCHOLOGIST - COACH - AUTHOR - MEDIA COMMENTATOR



LEARNING & DEVELOPMENT EXPERIENCES

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 wellbeing topics. Marny has presented to thousands of individuals over the last 15 years on topics that promote growth and positive change by helping people become the best they can be. From Keynote Presentations, Lunch & Learns and Masterclasses, through to practical workshops and workplace programs, there will be something to suit your audience.

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

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 virtually.

ABOUT

Dr Marny Lishman is a Health & Community Psychologist, Mindset Coach, Author, Keynote Speaker and Media Commentator. Marny has a vast amount of experience working in a variety of roles over the last two decades, from private practice, designing and implementing government health prevention programs, to training professionals in cutting edge evidence-based programs in the health industry. She has also worked at a number of Australian Universities as a sessional academic delivering a variety of psychology units. She is also the author of “Burnout to Brilliant”, “A Beautiful Mess” and her newly released book “Crisis to Contentment”.

A nurturer at heart, who ran a successful private practice in Western Australia for over a decade, Marny now brings with her the valuable knowledge and experience of the vastness of the human condition and brings it to powerful learning and development experiences. From Keynote presentations at events & conferences, delivering large wellness programs in organisations, designing professional development in schools, to presenting lunch and learns in small workplaces, Marny entwines the philosophy and practicalities of positive psychology as well as her passion for prevention into a wide array of settings. Marny arms her audiences with the psychological tools to increase their own psychological capability, adaptability and flexibility to fit with today’s fast-moving and uncertain world.

Marny is a sought after national mental health & wellbeing expert that provides commentary on a variety of mental health topics on local and national TV, radio and in print. She is a regular media commentator on Today Extra, Sunrise, Nine News Perth and has been a columnist for Australia’s Body + Soul, & The Sunday Times. When not working or writing books of her own, Marny is 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

GRIT MINDSET: FUELING SUCCESS THROUGH ADAPTABILITY AND RESILIENCE

Discuss the concept of a grit mindset, which emphasises flexibility and adaptability in facing challenges. This presentation explores how reframing obstacles as opportunities can lead to innovative solutions and personal growth. Marny will outline practical strategies for cultivating resilience and maintaining a positive outlook in an ever-changing world, enabling attendees to thrive amid adversity.



BURNOUT TO BRILLIANT: TRANSFORMING EXHAUSTION INTO INSPIRATION



Provides insights into recognising signs of burnout and implementing effective recovery strategies. Marny will touch on practical techniques for restoring energy, reigniting passion, and achieving a sustainable work-life balance, empowering participants to turn challenges into opportunities for creativity and fulfilment. Marny's recent book 'Burnout to Brilliant – A practical guide to recharging, resetting and redesigning your life' is a valuable add on for your participants in this workshop.

PRESENTATION TOPICS



GOAL-GETTER'S BLUEPRINT: THE PSYCHOLOGY OF ACHIEVING YOUR GOALS

Delves into the science behind effective goal-setting and motivation. This presentation teaches attendees how to align their personal values with actionable plans. Marny will discuss the psychological factors that contribute to success, and participants will leave with proven strategies to create a structured roadmap for reaching their aspirations, enhancing their understanding of how motivation can drive achievement in their personal and professional lives.

MINDFULNESS MASTERY: THRIVING IN A WORLD OF DISTRACTIONS

Addresses the challenge of remaining present in our fast-paced, distraction-filled lives. This presentation introduces practical mindfulness techniques designed to enhance focus, manage time better, reduce stress, and improve overall wellbeing. Marny will discuss how participants can cultivate a mindful mindset that enables them to navigate distractions effectively, maintaining clarity in both personal and professional contexts. By integrating these mindfulness practices into their daily routines, attendees can foster a greater sense of presence and peace.

THE INTROVERT'S EDGE: TURNING QUIET STRENGTHS INTO UNSTOPPABLE SUCCESS

Focuses on the unique strengths introverts possess that can lead to significant achievements. This presentation discusses how qualities such as deep thinking, being alone, active listening, and creativity can be leveraged for success. Marny, being an introvert herself, will outline strategies for effective networking, communication, and self-assertion in professional environments while remaining true to their introverted nature, allowing attendees to thrive in diverse settings.

PRESENTATION TOPICS

BALANCING ACT: NAVIGATING WORK-LIFE HARMONY IN THE MODERN WORLD

Tackles the challenges of maintaining balance in an era of freelance and remote work. This presentation provides insights on creating harmony between professional responsibilities and personal life. Marny will outline practical tips for effective time management, boundary-setting, and prioritising self-care. Attendees will gain valuable strategies to navigate the unique demands of the current economy while fostering a sustainable worklife balance.

ENERGISE YOUR LIFE: MASTERING ENERGY MANAGEMENT FOR PEAK PERFORMANCE

Focuses on the importance of effective energy management for maximising productivity and well-being. This presentation delves into understanding personal energy rhythms and optimising daily routines to sustain vitality. Marny will discuss techniques for balancing work and rest, creating energising environments, and cultivating habits that support overall performance throughout the day.

UNPLUG TO RECHARGE: THE POWER OF A DIGITAL DETOX

Emphasises the necessity of stepping away from technology in our screen-saturated lives. This presentation highlights the benefits of a digital detox, encouraging attendees to engage in offline activities that rejuvenate the mind and spark creativity.

Marny will outline how to establish healthy boundaries with technology, promoting a balanced lifestyle that fosters connection, selfreflection, and personal growth. By embracing these practices, individuals can recharge and cultivate a more fulfilling daily experience.



PRESENTATION TOPICS



EMPATHY IN ACTION: THE HEART OF TRANSFORMATIONAL LEADERSHIP

Highlights the critical role of empathetic leadership in fostering positive workplace environments. This presentation emphasises the impact of empathy on team dynamics and organisational culture. Marny will outline practical strategies for developing empathetic communication skills and creating a supportive atmosphere that drives collaboration and innovation, ultimately enhancing leadership effectiveness.

REINVENTING YOU: FINDING SUCCESS AND PURPOSE IN MIDLIFE

Explores the transformative opportunities that midlife can present. This presentation encourages participants to embrace change, redefine their goals, and discover new passions. Marny will touch on leveraging life experiences to create a fulfilling and purpose-driven future, empowering attendees to navigate this pivotal stage with confidence and clarity. Marny's most recent book "Crisis to Contentment – the getting of wisdom, mid-life" is a wonderful addition for participants for this workshop.

PRESENTATION TOPICS



CONNECTION CATALYST: BUILDING MEANINGFUL RELATIONSHIPS IN A DIGITAL AGE

Highlights the crucial role of genuine connections in an increasingly digital world. This presentation emphasises the importance of empathy and effective communication in fostering strong relationships. Marny will outline techniques for nurturing meaningful interactions, both online and in person, and participants will learn how building these connections can enhance their personal and professional success.

BOUNCING BACK: CULTIVATING RESILIENCE IN UNCERTAIN TIMES

Focuses on the vital skill of resilience in overcoming life's challenges. This presentation equips participants with tools to build emotional strength and adaptability. Marny will touch on strategies to navigate setbacks and maintain motivation. Through real-life examples and practical techniques, attendees will discover how to transform adversity into opportunities for growth, empowering them to thrive even in uncertain circumstances.

PROBLEMATIC PERSONALITIES: HOW TO DEAL WITH DIFFICULT PEOPLE

Offers a deep dive into human behaviour. No one likes dealing with a difficult person. 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. It's a delicate art but dealing with problematic personalities is something you can learn. This presentation outlines the types of difficult people we generally encounter, the effects they have on us and discusses powerful communication strategies that can be used in our personal and professional lives to remain cool, calm, confident and collected in interactions.

PRESENTATION TOPICS

EMBRACE THE CHALLENGE: UNLOCKING A GROWTH MINDSET FOR SUCCESS

Emphasises the importance of adopting a growth mindset for personal and professional development. This presentation explores how viewing challenges and failures as opportunities for learning can unlock one's potential. Marny will discuss effective strategies to foster a growth mindset, enhancing attendees' ability to innovate and excel in various areas of life, ultimately leading to greater success.

STRESS LESS, ACHIEVE MORE: MASTERING THE ART OF STRESS MANAGEMENT

Offers actionable techniques for effectively managing stress, which can significantly impact performance and well-being. This presentation covers a range of strategies, including mindfulness practices, time management skills, and relaxation techniques. Marny will discuss how to cultivate a healthier relationship with stress, enabling participants to boost productivity and achieve their goals without compromising their well-being.



PRESENTATION TOPICS



CREATIVE ESCAPE: THE LINK BETWEEN HAVING FUN AND MENTAL WELLNESS

Showcases the significant benefits of engaging in creative hobbies, play and fun for mental health and well-being. This presentation highlights how creative expression fosters relaxation, joy, and personal fulfilment. Marny will discuss practical ways to incorporate creative pursuits into daily routines, enhancing quality of life and overall mental wellness through joyful engagement.

SLEEP SMART: UNLOCKING THE SECRETS TO RESTORATIVE SLEEP

Discusses the importance of sleep as a priority for high performance. Sleep is essential for relaxation, recharging our energy, rejuvenating our bodies, and resetting our minds. However, achieving restorative sleep requires understanding and implementing a few key techniques. In this engaging seminar, Marny will delve into the neuroscience of sleep, exploring how it impacts our overall health and daily functioning.

THRIVE

SELF-LEADERSHIP PROGRAM



The THRIVE Self-Leadership Program is a comprehensive 6-month workplace training initiative designed to empower participants with essential skills in mindset, high performance, mental health and wellbeing. Led by Marny, this program offers an enriching learning and development experience that extends beyond traditional training.

Participants will engage in a series of interactive workshops focused on cultivating self-awareness, resilience, and effective leadership skills. These sessions are crafted to equip individuals with practical tools and strategies to enhance their mental well-being and professional performance.

Following the completion of the training, Marny offers personalised coaching sessions to ensure that participants can effectively implement what they have learned. Each participant will receive a customised coaching plan tailored to their unique needs and goals, providing ongoing support as they navigate their personal and professional development.

This program is particularly beneficial for organisations that recognise the importance of providing additional support to their staff after participating in initial learning and development experiences. By facilitating a structured follow-up process, the THRIVE Self-Leadership Program enables participants to design a new personal and professional blueprint for success. Marny will guide them through this transformative journey, helping them to integrate their learning into everyday practice and overcome any challenges they may encounter along the way.

The **THRIVE Self-Leadership** Program not only fosters individual growth but also enhances workplace culture, making it a valuable investment for organisations committed to the well-being of their teams.

OBJECTIVES:



ENHANCE MENTAL WELL-BEING

Equip participants with essential tools and strategies to improve their mental health and overall well-being, fostering a more resilient mindset.



DEVELOP LEADERSHIP SKILLS

Cultivate effective leadership abilities through interactive workshops that focus on self-awareness, emotional intelligence, and proactive problem-solving.



FACILITATE PERSONAL AND PROFESSIONAL GROWTH

Provide individualised coaching (& profiling) and support to help participants create a personalised development plan that aligns with their unique goals and aspirations.

OUTCOMES:



INCREASED RESILIENCE

Participants will demonstrate improved resilience and coping strategies, enabling them to navigate challenges more effectively in both personal and professional contexts.



ENHANCED PERFORMANCE

Attendees will experience heightened productivity and engagement in their work, translating to better performance and a more positive workplace culture.



SUSTAINABLE GROWTH PLANS

Participants will leave the program with actionable, tailored plans for ongoing personal and professional development, ensuring continued growth and success beyond the program duration.

ALL LEARNING & DEVELOPMENT EXPERIENCES ARE ABLE TO BE PRESENTED AS:

- ✓ Keynote Presentations
- ✓ Masterclasses
- ✓ Seminars
- ✓ Practical Workshops
- ✓ Workshop Series
- ✓ Additional coaching as required



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