

A GUIDE
SPEAKERS KIT

Learning & Development Experiences

DR MARNY LISHMAN

SPEAKER - AUTHOR - DOCTOR OF PSYCHOLOGY - COACH



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 an Author, Speaker, Doctor of Psychology, Mindset Coach and Media Commentator. Marny has a vast amount of experience working in a variety of roles over the last two decades, including private psychology practice, designing and implementing government health prevention programs, to training professionals in cutting edge evidence-based programs across Australia. She has also worked at a number of Australian Universities as a sessional academic delivering a variety of psychology units. Marny is also the author of four books; “Burnout to Brilliant”, “A Beautiful Mess”, “Crisis to Contentment” and the newly released "ONLY YOU: The Unexpected Gift of Being Alone."

As a former psychologist of 15+ years, Marny draws on her deep understanding of the human condition to create impactful learning and development experiences for her audiences. She delivers keynote presentations and masterclasses at conferences, leads large-scale organisational wellness programs, develops tailored professional development for a range of industries, and facilitates seminars and workshops in workplaces. In every setting, Marny blends the principles of positive psychology with practical, prevention-focused strategies. Her aim is to equip audiences with the psychological tools they need to build capability, adaptability, and flexibility in today's fast-moving, 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, The Morning Show, 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

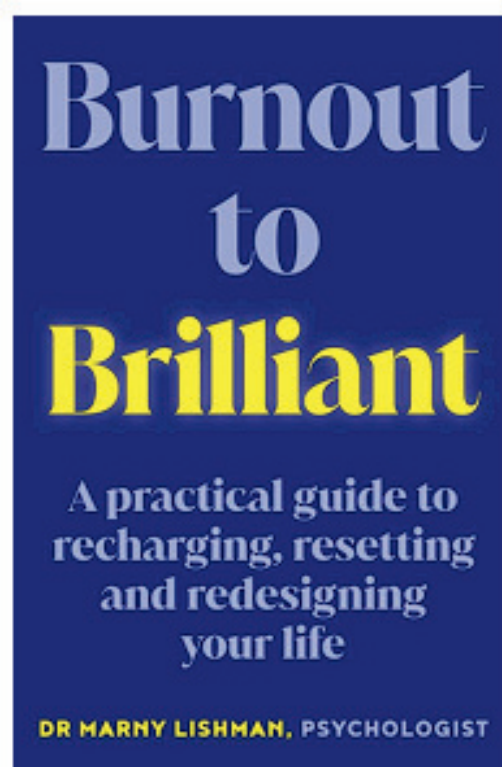
PRESENTATION TOPICS

GRIT MINDSET: FUELING SUCCESS THROUGH ADAPTABILITY AND RESILIENCE

This presentation explores the concept of a grit mindset, which emphasises flexibility and adaptability when facing challenges. It shows how reframing obstacles as opportunities can spark innovative solutions and support meaningful personal growth. Marny will outline practical strategies for building resilience, maintaining a positive outlook in an ever-changing world, and staying committed to goals even when life shifts unexpectedly. By strengthening these skills, participants will be better equipped to perform well under pressure, navigate adversity with confidence, and thrive both personally and professionally.

BURNOUT TO BRILLIANT: TRANSFORMING EXHAUSTION INTO INSPIRATION

Burnout doesn't arrive overnight, it creeps in quietly, and by the time most of us notice it, we are already running on empty. In this powerful and practical session, Dr Marny Lishman helps participants identify the early warning signs of burnout before they reach breaking point, and provides a clear and compassionate roadmap for recovery. Drawing on her book *Burnout to Brilliant - A Practical Guide to Recharging, Resetting and Redesigning Your Life*, Marny shares evidence-based techniques for restoring energy, rebuilding motivation and creating a way of working and living that is genuinely sustainable. This is not about pushing through or doing more, it is about working smarter, protecting your most valuable asset and rediscovering the passion and purpose that brought you to your work in the first place.



Participants leave not just informed, but genuinely equipped and inspired to make real change. A copy of *Burnout to Brilliant* is available as a valuable take-home resource, giving participants a practical guide they can return to long after the session ends.

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.



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

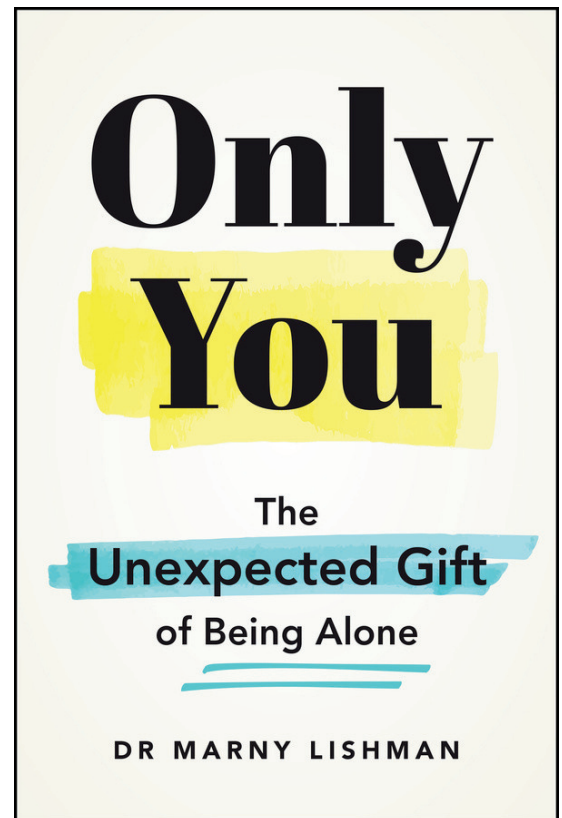
Explores the transformative opportunities that midlife can present. This presentation encourages participants to embrace change, redefine their goals, and discover new passions. Marny will touch on leveraging life experiences to create a fulfilling and purpose-driven future, empowering attendees to navigate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

ONLY YOU:

THE MOST IMPORTANT RELATIONSHIP YOU WILL EVER HAVE

We live in a world that celebrates connection, and yet so many of us are deeply disconnected from the most important person in our lives: ourselves.

In this compelling and deeply relatable presentation, Marny explores why the relationship we have with ourselves is not a luxury or an act of selfishness, it is the very foundation from which every other relationship in our lives is built. Because the truth is, we cannot pour from an empty cup. When we neglect ourselves, show up running on empty or lose sight of who we are outside of our roles and relationships, the quality of our connections with others quietly suffers too. Drawing on her book *Only You: The Unexpected Gift of Being Alone*, Marny guides audiences through the transformative practice of turning inward, learning to enjoy their own company, trust their own instincts and nurture themselves with the same care and intention they so freely give to others.



PSYCHOLOGICAL SAFETY:

THE HIDDEN DRIVER OF HIGH-PERFORMING TEAMS

Everyone talks about culture. Few organisations actually build it. Psychological safety, the belief that you can speak up, take a risk, and make a mistake without fear of humiliation or punishment, is the single most powerful predictor of high-performing teams. And yet most workplaces quietly erode it every day. In this seminar, Dr Marny cuts through the culture-speak and gets practical. You'll understand what psychological safety actually looks like in professional environments, why its absence is costing your organisation in ways you can measure, and what leaders and teams can do differently, starting immediately. This isn't about making work feel nice. It's about making it work better.

PRESENTATION TOPICS



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.

MIND FULL: AI, DIGITAL OVERLOAD & THE HUMAN COST OF ALWAYS BEING ON

We are more connected than ever and it's making us worse. Constant connectivity, AI disruption, and the pressure to be available around the clock are quietly reshaping human attention, identity, and mental health in ways most professionals haven't stopped long enough to notice. In this timely and thought-provoking seminar, Dr Marny brings a psychological lens to one of the most pressing conversations of our time. You'll explore what digital overload is actually doing to your brain, your relationships, and your performance, and walk away with a clear-eyed strategy for reclaiming your focus, your boundaries, and yourself in an AI-saturated world.

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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