



DR MARNY LISHMAN

PSYCHOLOGIST, AUTHOR, WELLBEING & MINDSET COACH

AS A SPEAKER AND COACH, DR MARNY LISHMAN HAS WORKED WITH SOME OF THIS COUNTRY'S LEADING ORGANISATIONS INCLUDING THE LIKES OF CHEVRON, SYNERGY, MURDOCH UNIVERSITY, NAB WEALTH, WESTPAC, INPEX, CURTIN BUSINESS SCHOOL, AND MANY MORE.

With a wide and diverse background, psychologist Marny Lishman has experience across a range of industries that has seen her involved in everything from designing and implementing government prevention programs, to training professionals in cutting edge evidence-based programs in the health industry. An experienced and accomplished keynote speaker and panel participant, below you'll find some of her most popular areas of focus.

SELF LEADERSHIP: MENTAL HEALTH, MINDSET & DOING WHAT MATTERS

According to The World Economic Forum in its Future of Jobs Report, the most important skills that employers are now seeking include complex problem solving, critical thinking and creativity. For these skills to be actualised in the real world, mental health and wellbeing needs to be a priority. When individuals are stressed, anxious and feeling low, it's difficult to be innovative, think differently, solve problems, understand others and be excited about engaging in opportunities for the future. Many ambitious people are wired for achieving, conditioned to keep busy and pushing to continue working under the constant pressure to succeed, with self-care often taking a back seat. In this vital keynote, Marny will outline the crucial key areas that ambitious individuals need to be aware of to proactively manage their own wellbeing, so they can present their best self in their personal and professional life, and ultimately reach their true potential.

BURNOUT TO BRILLIANT: BOUNCING BACK FROM BURNOUT

Noticed you're dragging yourself to work lately? Feeling cynical about your day to day activity? Exhausted throughout the day? Productivity reduced? The passion you once had for your work disappeared? It might not be that you hate your job and every chance that 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. In this presentation, Marny delves into the signs and symptoms of burnout; what can assist a person suffering from burnout in the workplace; the personal & professional adversity that one experiences on a burnout journey, as well as how to turn it into a transformational experience for the future.

PLAY: BENEFITS OF PLAY & HUMOUR IN THE WORKPLACE

In a modern world that often feels fast paced, unpredictable and serious; where we're constantly hustling, busy and stressed out; it's easy to let those 'less important' leisurely moments slip out of our schedules. But should they? Laughter, fun and play have increasingly been shown to be exactly what the doctor ordered, and in fact, perhaps it should start being what the boss is ordering. Whether it's boosting our personal wellbeing or elevating our professional performance, perhaps mucking around a bit more needs to be taken more seriously! What is adult PLAY, 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.

MARNY IS AVAILABLE FOR:

- Keynotes & Workshops
- Panel Participation

For more, contact hello@tlstalent.com.au
www.tlstalent.com.au



tlst
SPEAKERS