

# Corporate Brochure

LISON...Mage





## About Lison Mage



Lison Mage is an author, corporate facilitator, performance and mindset coach.

She works primarily with technology companies to elevate engagement, wellbeing and performance by providing their leaders and teams with practical and science-based strategies and tools, to foster a growth mindset and enhance their decision-making processes.

Ex-engineer, she went through a massive career change after working on three different continents in some of the major software companies such as Salesforce and Oracle, to embrace her vocation: empowering people and teams to perform at their full potential.



# The Recipe For *WEL* Performing Team

	Wellbeing	Engagement	Leadership	Team Performance
Transformation	Inspired	Proactive	Level 5 <i>Executive</i>	<i>Outstanding</i>
	Energised	Active	Level 4 <i>Effective Leader</i>	<i>Excellent</i>
Constant Struggle	Rested	Reactive	Level 3 <i>Competent Manager</i>	<i>Average</i>
	Tired	Passive	Level 2 <i>Contributing Member</i>	<i>Poor</i>
Regression	Exhausted	Negative	Level 1 <i>Capable Individual</i>	<i>Disastrous</i>



## Employee Wellbeing

Employees' mental and physical health must be protected, while psychological safety and inclusion must be enhanced to ensure a high level of wellbeing and empower them to be innovative and resilient.

It invariably improves collaboration and cohesion, enabling teams to achieve sustainable performance.



## Employee Engagement

It reflects the involvement and enthusiasm of employees in their work and workplace.

The Gallup organisation estimated that 80% of employees worldwide are not engaged at work in 2021, while companies with a highly engaged workforce outperform their peers by 147% in earnings per share and have 21% higher profitability.



## Executive Leadership

Professor and best-selling author Jim Collins established a 5-level leadership scale. Out of 1,435 Fortune-500 companies he researched, only 11 transformed and achieved outstanding performance. All of these companies had Level 5 Leaders in their key positions.



# How I Can Help

Every organisation is different and has specific needs based on where they place themselves in the WEL Performing Team table.

Hence, every one of my services is tailored to the challenges you face today to help you build conditions where people can flourish and your company thrive.

To do so, I current offer three different kind of approaches to the team performance depending on the level of support and the focus needs right now.



## Keynote

Throughout my keynote speaking (online and on-site), we convey a inspiring and compelling message to your employees.

It is the perfect format for a conference, an end-of-financial year party or simply a monthly lunch&learn.



## Workshop

Over a short and intense period (half to two days), we explore and develop key notions to enhance employees' wellbeing and boost their engagement.

In addition, it is an excellent team-building event, fostering collaboration and cohesion.



## Program

This tailored approach is a long-term partnership (4 to 12 months) to lay the foundations of a transformation and ensure this effectively happens.

And although it is the most challenging, it is also the most rewarding.

## Services



Wellbeing



Engagement



Leadership

Act Before You overThink Keynote

*(For Teams)*



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ACT Workshop

*(For Teams)*



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RISE Workshop

*(For Teams)*



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Executive Coaching Program

*(For Individuals)*





# Act Before You overThink Keynote



This keynote presents the triggers and consequences of overthinking and some strategies to overcome it.

It has been designed to increase awareness of the toxic mental habit of overthinking, raise wellbeing and improve our decision-making ability.



## Content

Based on more than a year of research and 365 interviews, this keynote debunks the three biggest myths of overthinking, preventing people from reaching their full potential:

- Myth 1 – Overthinking is enhancing my thinking
- Myth 2 – Overthinking is inconsequential to me
- Myth 3 – Overthinking is inevitable in decision-making



## Details

**Event Venue:** Online or On-Site / **Duration:** 1 hour

### Agenda:

0:00 to 0:05 - Welcome & Introduction

0:05 to 0:50 - Keynote Delivery (inc. games & polls)

0:50 to 1:00 - Q&A with Lison





## Fun And Interactive

The keynote is designed to be interactive and regularly solicit the audience through questions, games and quizzes.

These interactions are unique, uplifting and will create a memorable moment attendees will be able to discuss, share and remember for the months and years to come.



## Time To Take Action!

The keynote ends in apotheosis - where attendees literally have to take action!

They are given a helium-filled balloon, symbolising the myths of overthinking. Then, they will have to pop it with a pin - all at the same time. Bursting them represents a deliberate action to have their minds liberated, be re-energised and make better decisions.



## Outcomes

The keynote elevates the attendees' awareness of the dangers and pitfalls of overthinking by giving them key takeaways from the book *Act Before You overThink*.

Beyond this, the keynote pace, ingenuity and novelty make it an unforgettable experience, bounding teams, broadening their thinking and igniting their spark for action!



# The ACT Workshop



This inspiring workshop leverages the ACT model to foster three key forces - Awareness, Conviction, and Trust - at the employee and team levels.

It has been designed to lift spirits, generate lasting momentum and achieve sustainable growth.



## Content

The ACT Workshop is segmented into four sessions:

- Session 1 – Mapping The Path Ahead
- Session 2 – Beginning The Journey Within
- Session 3 – Finding The North Pole
- Session 4 – Travelling Without Destinations



## Outcomes

With the commitment from the team to implement their learnings, the workshop will provide the following outcomes:

- Greater emotional intelligence and resilience
- Reduced fixed mindset and increased growth mindset
- Improved engagement and wellbeing
- Improved team performance

	Condensed	Standard	Extended
Duration	1/2 Day	1 Day	2 Days
ACT Workshop Workbooks			
Act Before You overThink Books	-		
Online Personality Assessments	-		
Program Outcomes Report	-		
Access eLearning Platform	-	-	



# The RISE Workshop



This actionable workshop uses the notion of Risk Management to articulate essential concepts around prioritisation, communication and systematisation.

It has been designed to drive efficiency, improve adaptability and achieve sustainable growth.



## Content

The RISE Workshop is segmented into four sessions:







- Session 1 – We Are All Risk Managers
- Session 2 – Busyness versus Business
- Session 3 – The Art Of Communication
- Session 4 – Processes And Goals



## Outcomes

With the commitment from the team to implement their learnings, the workshop will provide the following outcomes:

- Better time management and communication
- Enhanced accountability, leading to higher productivity
- Improved engagement and wellbeing
- Improved team performance

	Condensed	Standard	Extended
Duration	-	1 Day	2 Days
RISE Workshop Workbooks	-		
Act Before You overThink Books	-		
Online Personality Assessments	-		
Program Outcomes Report	-		
Access eLearning Platform	-	-	



# Executive Coaching Program



This 4-month Coaching Program is based on the proprietary 3E method, mixing theory and practice perfectly.

It has been designed as a collaborative partnership tailored to explore new ways of thinking, elevate performance and wellbeing while expanding leadership capabilities.



## Content

The 4-month Coaching Program includes:

- 4 Theory Sessions (1 per week)
- 16 Practice Sessions (1 per week)
- The Rising Codes (support materials to foster and accelerate one's growth)
- 2-year Access to eLearning Platform



## Outcomes

With the commitment from the individual to implement their learnings, the program will provide the following outcomes:

- Increased emotional intelligence and self-awareness to lead more effectively.
- Gain clarity and boost subjective wellbeing.
- Enhanced self-confidence, decisiveness and efficiency.

# 3E Method



The 3E Method uncovers the tools and techniques to broaden one's thinking and ensure they are practically applied to reach new heights.

It is backed by psychological research and behavioural science findings. Each session is interactive and customised to the client's personality and aspirations.



## The Exploration

The Exploration phase allows us to look inward and lay down the building blocks on top of which growth and progress can be achieved.

We work on self-awareness, self-talk and self-compassion.



## The Elevation

During the Elevation phase, we develop the core elements: Vision, Identity and Systems to bridge the gap between where the client is (current reality) and their preferred reality.



## The Expansion

In the Expansion phase, we work on the notions of Energy, Empathy and Leadership to become a shining light, magnetic and warm, to guide others and be fulfilled.



# Act Before You overThink Book



Based on more than 365 interviews with overthinkers, Lison Mage uncovers and debunks the three myths of overthinking that hold so many back from reaching their full potential, in their career and relationships.

Backing up her findings with psychological studies and behavioural sciences, she offers practical strategies and tools to:

- Gain control over your deepest fears and show up as your most empowered self,
- Balance thinking and doing, setting you on a path to greater joy and purpose,
- Build confidence and decisiveness when facing complex choices

Don't wait any longer and *Act Before You overThink*, to free your mind, skyrocket your productivity and improve your well-being.





## Contact Details



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# Notes



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