

LISON Mage

Act Before You overThink

Keynote Extended Brief



lison@lisonmage.com



+61 450 975 849



[linkedin.com/in/lisonmage](https://www.linkedin.com/in/lisonmage)



[lisonmage.com](https://www.lisonmage.com)

LM

About Lison Mage



Lison Mage is an author, corporate facilitator, high-performance coach.

She works primarily with technology companies to elevate engagement, improve wellbeing and increase performance by providing their leaders and teams with practical and science-based strategies and tools, to foster cognitive diversity 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.

She is the author of *Act Before You overThink: Make Decisions Easier and Liberate Your Mind*.

For her research, she interviewed more than 365 overthinkers, backed up her findings with psychological studies and behavioural sciences and transformed them into invaluable insights, offering actionable solutions to free your mind, skyrocket your productivity and improve your wellbeing.





They Trust Lison



THE EXECUTIVE CENTRE



Matthew Waugh - Director of Sales & Business Development

Equal Experts

Lison did a keynote presentation for our global community of practitioners. It was one of the most engaging presentations i have been fortunate enough to be involved in.



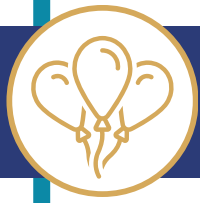
David Fenner - ANZ Sales & Channel Director

Ruckus Network

Thank you Lison for providing a truly thought provoking presentation at our RUCKUS MiniDogs Partner Conference in Hobart.

As we had discussed prior to the event I thought that the audience would provide you with a challenge, but as you had promised you delivered on exactly to the brief, in a fun and informative way.

When the opportunity presents itself I will certainly be reaching out again to leverage your insights to develop on the groundwork that has been put in place, and would highly recommend you to any potential clients.



Keynote Brief

Are you an Overthinker?

Too clever for your own good? Unable to decide even after over analysing data in enormous spreadsheets? Feeling stuck and anxious imagining countless what-if scenarios?

In her interactive keynote, Lison Mage debunks the three biggest myths of overthinking to help you make better decisions faster and silence your negative mental chatter. Through engaging games, leveraging psychology and behavioural sciences, you will discover how to:

- Leverage your thinking to problem-solve and be more creative,
- Develop your self-awareness and improve your mental wellbeing,
- Build confidence and decisiveness when facing complex choices.

And to spice things up, games winners will receive a copy of Lison's book *Act Before You overThink*.

Don't wait and join Lison for this exciting experience! It's time to liberate your mind, think remarkably and act decisively.



Keynote Details

Event Name: Act Before You overThink Keynote

Event Speaker: Lison Mage

Event Language: English

Event Venue: In-Person or Online Event

Event Duration: 1 hour

Agenda:

0:00 to 0:02 - Welcome & Introduction

0:02 to 0:50 - Keynote Delivery (3 Myths of Overthinking with games, polls and other audience interactions)

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

Special Request:

Technical setup (sound, video, software features such as polls) have to be tested in a separate session prior to the event with Guy Langlois (Business Manager).



Keynote Content

1

Overthinking Is Enhancing My Thinking



We start by discussing the first myth and how overthinking impairs one's thinking.

We give a specific example with the concept of "need-for-closure" and its psychological impact on creating intrusive thoughts and mental blindness.

We illustrate these findings with a cognitive performance test called the Candle Test.

2

Overthinking Is Inconsequential To Me



In the second part, we cover the second myth and how overthinking is impacting people, especially their mental and physical health.

We highlight the consequences of overthinking and what should be done to better manage it.

We underline these concepts with quizzes (and a lucky draw at the end of the keynote).

3

Overthinking Is Inevitable In Decision-Making



Then, we debunk the last myth and explore how we can make better decisions more easily, without overthinking, through the use of mental models.

We play a game from the Game Theory, a mathematical approach to decision making, called the Prisoner Dilemma, which highlights the benefits of the "process" mental model.



Keynote Content



Time To Take Action!



Finally for the last part of the keynote, attendees literally have to take action!

They have to pop with a pin a helium-filled balloon, symbolising the myths of overthinking.

They get rid of them to have their minds liberated, be re-energised and make better decisions.



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.



Keynote 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!

LISON... Mage