



DR
MARNY
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Corporate
Presentations
&
Packages

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DR MARNY LISHMAN

Psychologist – Personal Coach –
Keynote Speaker – Author – Media Commentator

Marny is a Health & Community Psychologist, Personal Development Coach, Author, Keynote Speaker & Media Commentator. She works with individuals and corporate groups to promote personal and professional growth, and speaks on a wide variety of topics from personal stress and anxiety through to hardships in the workplace. Marny provides media commentary on a variety of mental health topics on local and national TV, radio and in print. She has been an opinion columnist for Body + Soul Australia and The Sunday Times/Perth Now and is currently Channel 9 Perth's Resident Psychologist.

Marny believes that the challenges many busy professionals face are that they lack the knowledge, the mindset and the lifestyle balance that one needs to live a healthy, satisfying & fulfilling life. To solve these problems she offers corporate workshops and personal coaching consultations as well as speaks at workplace events.

Marny increases her client's capacity to live life in the most psychologically and physically healthy way possible, by teaching them how to feel calm, confident and in control.

If you're looking for a speaker to inspire or educate your team, then Marny is available to present on a wide range of topics. She has presented to thousands of individuals on topics that promote growth and change by helping people become the best they can be. From Keynote Presentations, Lunch & Learns, Seminars/Workshops through to the Thriving Professional Packages, there is something to suit your audience or workplace.



*Professional development for your career.
Personal development for your mind.*

KEYNOTE PRESENTATIONS

THRIVE: Nurturing the Person Behind The Professional

As the saying goes “...you can’t pour from an empty cup” and never does this seem true than when we’re feeling stressed. Many professionals are wired for achieving, and self-care often takes a back seat. This presentation gives participants the knowledge and the mindset to work towards creating a satisfying and fulfilling life, even when working under stress. Marny presents the 7 key areas that busy professionals need to be aware of to facilitate wellbeing, both personally and professionally.

PLAY: *The Impact of Corporate Humour & The Power of Play*

Play has been shown to increase happiness, momentarily as well as over time, when we build more of it into our busy schedules. Play has also been shown to improve relationships, as it aids in connection with the people in our lives. What is adult PLAY about, and how can we do more of it as adults? Marny will talk about the evidence behind this, and participants will engage in activities to get their creative brain working, so that they can get a taste of how play can make them more productive.

ADAPT: *Why Mindset Matters In The Changing Workplace*

Is your organisation experiencing change or going through stressful times, or are staff not operating to their fullest potential? This seminar gives teams a suite of evidence-based tools & techniques to manage their mind so that they can function at their best, despite what is happening around them. Marny covers the most useful cognitive techniques that she gives her own individual clients that helps them manage their mind so that they feel calmer and more focused, both at work and in their personal lives.

SLEEP: *Why Your Teams Sleep Needs to Be On Point*

Before the invention of the electric light most people were getting 10 hours of sleep a night. Us adults now get roughly about 6 hours a night, if we are lucky. Obviously, we can survive on this lesser amount of sleep, but comes at a cost. With our modern sleeping behaviours, we are pushing it way past what our bodies have evolved to do, and subsequently we're feeling the consequences. In this seminar, Marny will talk about the importance of sleep, and what needs to be put in place for sleeping to be manifested. Participants will take away some key sleep insights as well as a plan for managing their sleeping behaviours.



PRESENCE: *The Power of Meditation & Mindfulness on the Mind*

Instead of being physically in the moment but mentally in the past or future, learning to be present can help us self soothe in times of stress. Learning how to be in the present moment is a must when we are prioritising self-care. From meditation to visualisation, from mindfulness to diaphragmatic breathing, Marny will teach several easy ways of getting back to the moment when feeling overwhelmed and participants will take away and try a handful of techniques to facilitate stillness in their lives.

WELLNESS WORK: *How to Create a Positive Workplace Environment*

Employees who believe their workplace to be mentally unhealthy are unlikely to disclose within their workplace if they are experiencing a mental health issue. Workplaces are an ideal place for mental health & wellbeing initiatives to take place. They are able to capture all employees to not only assist in the management of existing mental health issues, but also be preventative in nature. This presentation talks through some innovative ideas about what a workplace can do to foster psychological wellbeing in their most important asset. Their people.



GRIT: *The Secret To Success (with Greg Hire)*

What do passion, perseverance, effort and stamina have in common? They're the key ingredients of what makes someone successful. It takes more than intelligence or talent to get where you want to go, and there is increasing research that is demonstrating that there's more to success than brains. Marny and Greg Hire (former Perth Wildcats Vice Captain and 2018 Western Australian of the Year) will present this seminar together to facilitate the grit in your audience.

- **ALL KEYNOTE PRESENTATIONS ARE AVAILABLE AS HALF-DAY & FULL- DAY WORKSHOPS ** (Quote on request)**



THE SHIFT: *Toward The Corporate Heart (with Darrell Brown, Author & Cinematographer)*

The time has come to create an organisational environment where we balance the masculine & feminine in all of us and create a more humanistic culture that powers the corporate heart. In 'The Shift' workshops, participants will understand what the problems are in society in terms of toxic masculinity, consider the importance of why we need to humanise the workforce, learn to breakdown the masculinity myth, break down barriers to change in their life & discover tools for how to be more vulnerable.

BRING IT: *Professional Clarity & Confidence (with Julissa Shrewsbury)*

When you clarify the value you bring at work, define your personal brand and learn how to communicate with authority, you will project confidence and stand out as a leader in your field. In this workshop participants will learn the importance of personal leadership, break down barriers to their achievement, learn to foster internal confidence, define what sets them apart at work, learn to communicate their value and elevate their professional image as well as discover tools for communicating with confidence and authority.

- **ALL KEYNOTE PRESENTATIONS ARE AVAILABLE AS HALF-DAY & FULL- DAY WORKSHOPS ** (Quote on request)**

TRAINING PACKAGE

The Thriving Professional (6-Month Training Program for Groups & Individuals)

This training package is an extension of The THRIVE Presentation, where Marny can provide training on the different 7 Key Areas as well as provide follow up individual coaching sessions for participants after the training has been completed. Individual coaching plans are then tailored for each participant as well as follow up sessions being provided. This package is particularly useful for organisations who feel their staff need extra support as well as a blueprint that can be incorporated into both their personal and professional life after the completion of the training. Marny will work closely with the organisation to not only provide the prevention workshops, but the ongoing follow up with each staff member following the training.

TESTIMONIALS

"I cannot recommend Marny highly enough. We engaged Marny to work with our team over a period of great uncertainty and change. Marny conducted a workshop for our leadership team focused on Building Resilience In Times of Uncertainty. The leadership team responded so positively to the workshop they requested it be adapted for all staff and that Marny did. Feedback from staff was consistently positive. Marny is a pleasure to work with, she takes the time to really understand your business needs or challenges, her breadth of experience, coupled with a natural ability to adapt to a variety of audiences and topics makes her a great business partner". - Michelle d'Almeida, Non Executive Director, Managing Director. News Corp Australia.

"Marny Lishman recently presented an engaging workshop about resilience to my firm, HHG Legal Group. Her presentation had relevant insights for our whole team and she equipped us with new practical tools to implement. I look forward to hearing more from Marny Lishman!" - Solicitor, HHG Legal Group.

"Equal parts empathetic, engaging, and empowering; Marny Lishman is a remarkable speaker. Her presentations cast a much-needed magnifying glass on mental health, clarifying the common ways we jeopardize our wellbeing and how best to counteract those behaviours. Since attending Marny's presentation at the Law Society, I've been spreading the word about her 'Six P's for balanced living - protection, psyche, personal, physical, play, and presence". - Amy Clark, HHG Legal Group.

" I worked with Marny in my role as Factory Manager, BGC Plasterboard in Perth. The objective of the work was to prepare a workplace stress management programme that we could incorporate as part of our Health & Safety Management System. Marny was instrumental in us putting together a practical and workable system that gave staff several different levels of assistance in managing their own workplace stress issues. The first stage was education of staff as to the signs of stress that they needed to be aware of and then the self-help tools that would be available on-line as their first port of call. The structure then accommodated an individual evaluation session with Marny if necessary, management and paid for by the company. The final stage was for a set number of ongoing help sessions by Marny, again approved by management and subsidised by the company.

I found Marny easy to work with, quick to understand what we were wanting and innovative in contributing to the structure and workings of the Stress Management Programme we formulated together. She was a pleasure to work with and approached the project with a partnership perspective, thus contributing great value to the outcome". - Dave Ross, BGC Plasterboard.