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MOST REQUESTED

# KEYNOTE & WORKSHOP TOPICS

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*Dr Jodie x*





# DR JODIE LOWINGER

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## Do you want transformational impact for your event?

Hi, I'm Dr Jodie and over the last 3 decades, I have lived my purpose to **improve lives** through **sharing my voice with audiences globally**. I am consistently invited to speak with leading brands, such as Google, Amazon, Allianz, BCG and many more.

I bring together two worlds as a Management Consultant and Executive High-Performance Coach with skills as an Adult, Child and Adolescent Clinical Psychologist and Anxiety, Resilience, and Mindset Expert.

Through my research and practice at Harvard Medical School, combined with expertise building high performing powerhouses as Founder of Mind Strength Peak Performance Consultancy, and helping thousands of adults, kids and teens at the forefront of clinical practice as Founder of The Anxiety Clinic, I have developed a methodology called **The Mind Strength Method**.

Join me as I share my personal story of resilience and empower people with a **Mind Strength Toolkit** built on neuroscience to conquer fear, build resilience and achieve success.

*Dr Jodie x*



DR JODIE'S MOST REQUESTED

# Keynote speaker programs



- ◆ High Performance Mindset

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- ◆ How to Build a Mentally Fit Culture - Coaching not Crisis

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- ◆ Banish Burnout & Boost Wellbeing

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- ◆ Make Anxiety Your Superpower

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- ◆ Psychological Safety and a Growth Mindset Culture

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- ◆ Conquer Imposter Syndrome & Smash Self Limiting Beliefs

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- ◆ Mindfulness to Build Resilience

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- ◆ The Art of Emotional Intelligence - Keeping Confident, Collaborative and Calm

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- ◆ How to be an Outstanding Leader, Mentor and Coach

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- ◆ Helping Kids, Teens and Teachers to Prevent Anxiety and Build a Culture of Wellbeing

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## Keynote 1

# High Performance Mindset

This keynote is essential for all **leaders and teams** looking to **achieve peak performance and resilience**.

Dr Jodie will share her transformational Mind Strength Toolkit to help audiences master their mindset and achieve the essential skills to succeed. She draws on leading-edge principles from neuroscience, business strategy, clinical psychology and positive psychology, and shares her insights from decades working as an High Performance and Mindset Coach to global CEOs and world leading organisations.

## Overview

We live in an era of **unparalleled uncertainty**. When you can't predict your environment, a threat mindset and suboptimised performance kicks in, tipping leaders and teams into fight behaviours, flight behaviours and a need for certainty and control. **Fight or flight** can present in many ways, including lashing out, defensiveness, blame, numbing emotions, procrastination, staying in your comfort zone, avoidance, perfectionism and over-checking, all of which undermine your team's capacity for peak performance.

Alternatively, you can learn how to **develop a high-performance mindset** through Dr Jodie's tools, embracing strategic alignment, resilience, a laser-focused sense of purpose and values aligned actions.



## Keynote takeaways

- Understand the neuroscience of peak performance
- Embrace emotionally intelligent engagement
- A laser-focused and strategic mindset
- Reduce conflict and build cohesion
- Ways to enhance productivity, wellbeing and success



## Keynote 2

# How to Build a Mentally Fit Culture - Coaching Not Crisis

This keynote is essential for **all leaders and organisations** looking to **build a mentally fit organisational culture**.

Mental fitness is the foundation for high performance. But what enables a mentally fit culture?

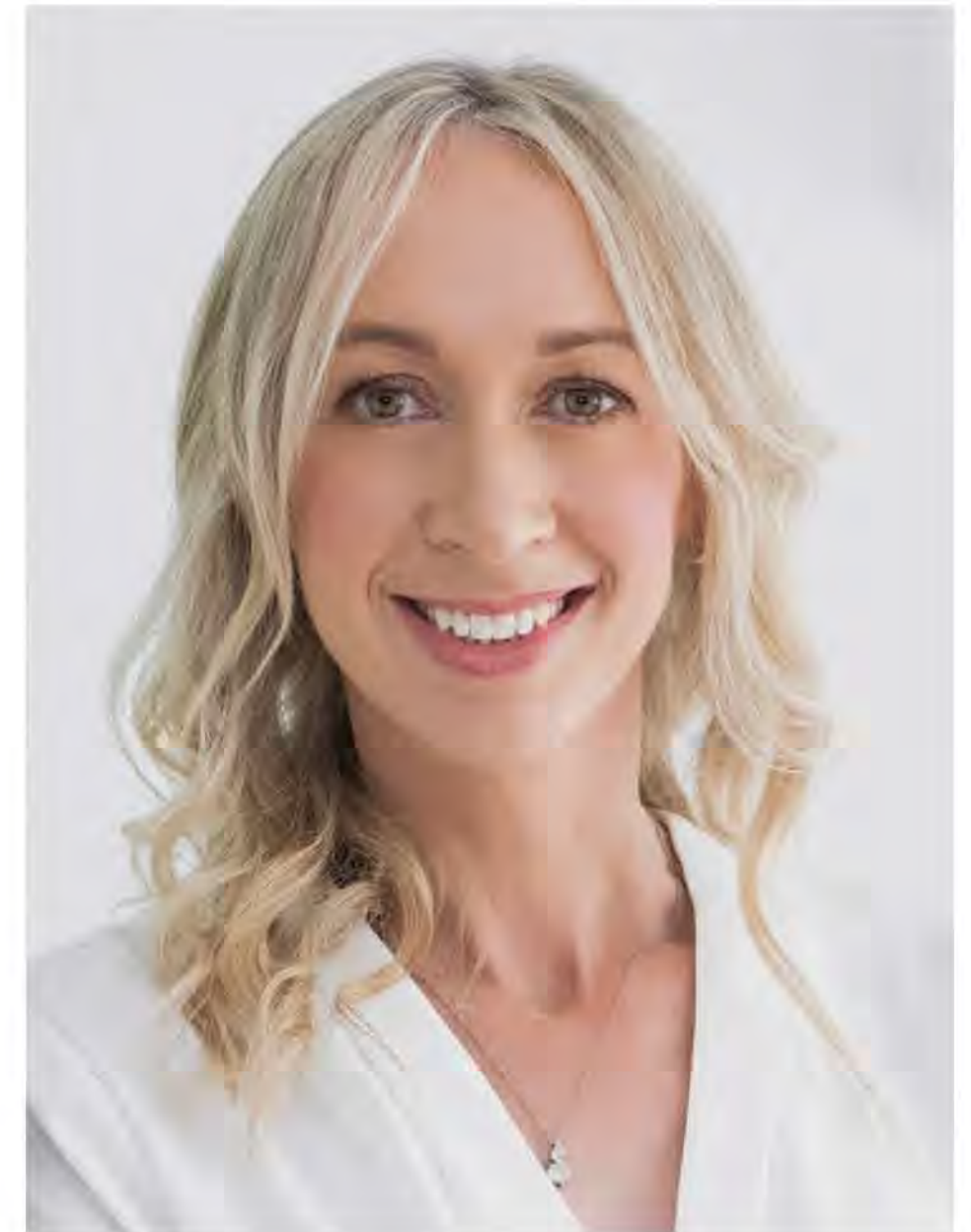
In this keynote, Dr Jodie shares key strategies on how to build a mentally fit and high performing culture. She draws on insights from decades helping organisations to build high performance and thrive.

## Overview

Creating a culture of **mental fitness** and **psychological safety** is a critical need for all organisations.

In this keynote, Dr Jodie goes through the 3 stages of how to build a mentally fit and high performing culture - 1. Coaching and prevention; 2. Identifying red flags; 3. Empowering your team to seek help where needed.

With coaching cited as one of the greatest challenges for leaders, Dr Jodie will provide highly practical tools to enable a culture of psychological safety and a positive work environment where transparency, coaching skills and protective, high performance habits are norm. She will provide deep insights into how to prevent and manage mental health challenges and what to do when they arise.



## Key takeaways

How to:

- Foster a psychologically safe culture
- Coach effectively
- Lead transparent and courageous conversations
- Prioritise mental fitness to prevent challenges
- Recognise mental health red flag warning signs
- Empower others to seek help when needed



## Keynote 3

# Banish Burnout & Boost Wellbeing

This keynote is **essential for all leaders, teams and organisations** looking to **prevent burnout and boost wellbeing**.

Burnout is a hot topic! With an alarming spike in employees reporting work related stress and burnout, the subsequent cost of lost productivity and performance is skyrocketing. The good news is with the right tools you can prevent burnout before more costly problems take hold. In this keynote, Dr Jodie will share her expertise on how to prevent and overcome burnout, boost wellbeing, and achieve thriving high performance.

## Overview

The topic of **burnout** has become a **pressing concern in the workplace**, making it essential to take the steps to beat burnout and boost wellbeing before problems arise.

In this keynote, Dr Jodie will share insights on the often unrecognised nature of burnout, how it can creep up on individuals and the strategies to prevent the challenges that can take hold if left unmanaged. Dr Jodie will share her three pillars of burnout: 1. Context; 2. Mindset and 3. Balance, and the mental health strategies to enable organisations to banish the burnout bully and **promote mental fitness and sustainable wellbeing**.



## Key takeaways

- The neuroscience of burnout
- The signs, symptoms and red flags
- Dr Jodie's three Pillars of Burnout
- Strategies to banish the burnout bully
- Sustainable wellbeing and high performance



## Keynote 4

# Make Anxiety Your Superpower

This keynote is essential for **all individuals** looking to **turn anxiety into action and make it their superpower!**

Dr Jodie is a global authority on managing and preventing anxiety and building resilience. In this essential keynote for every organisation, Dr Jodie will share her 8 Step Transformational Mind Strength Toolkit to manage and prevent anxiety, stress, low mood and burnout, conquer fear and achieve success.

## Overview

**Anxiety** is the most prevalent mental health challenge impacting approximately **1 in 3** of the working population at a significant cost to the economy.

In this keynote, you will leverage Dr Jodie's expertise in helping thousands of adults, kids, and teens to move from anxiety to resilient action, build wellbeing and achieve success. You will learn how to turn anxiety into your superpower!

The ROI of conquering anxiety and stress and building resilience is high - with benefits including reduced turnover, presenteeism, absenteeism, conflict, and burnout while increasing productivity, performance, cohesion, motivation, and engagement.



## Key takeaways

- The neuroscience of anxiety
- Ways to identify, prevent and manage anxiety
- Tools to turn anxiety into your superpower
- How to boost confidence and achieve success
- Scientifically supported mood boosters



## Keynote 5

# Psychological Safety and a Growth Mindset Culture

This keynote is essential for **all leaders and organisations** looking to **build a growth mindset and a culture of psychological safety**.

Dr Jodie will share insights built on her decades of helping multinationals to develop a culture of psychological safety to foster peak performance. She will provide audiences with the essential toolkit to build a growth mindset, take steps out of their comfort zone and align to strategic goals with transparency, safety and trust.

## Overview

**Psychological safety is paramount for high performing and resilient organisational cultures** - it enables people to feel safe to be curious, to take steps out of their comfort zone, to take measured risks, and to learn from their mistakes. A culture of psychological safety helps individuals and teams to move out of **sub-optimised fear-driven actions**, such as defensiveness, avoidance, and procrastination, and align to values of continual improvement, transparency, growth, and trust.

In this essential keynote, you will learn to explore the key questions, **"What can we learn from this? How can we do it better next time?"** and how toxic cultures with high attrition are replaced with collaboration, connection, engagement, and motivation.



## Key takeaways

- A clear understanding of psychological safety and a growth mindset
- Learn about toxic cultures
- Tools to create a culture of psychological safety
- The importance of values
- How to coach and lead to build psychological safety and a growth mindset culture



## Keynote 6

# Conquer Imposter Syndrome and Smash Self Limiting Beliefs

This keynote is essential for **all individuals** looking to **conquer imposter syndrome, boost confidence and smash self-limiting beliefs**.

Dr Jodie will share powerful tools to help audiences embrace high performance goals with greater confidence, assertiveness and influence and flourish in their professional and personal lives.

## Overview

Have you ever felt like you were a fraud in your professional or personal life and that you didn't deserve the success that you were experiencing? This is **Imposter Syndrome**. The ability to smash imposter syndrome, stand up to self-limiting beliefs and approach stakeholders with confidence are keys to building resilient and high-performing teams.

In this practical and motivational keynote, Dr Jodie will provide audiences with a toolkit to overcome self doubt, second guessing and self limiting beliefs. Attendees will learn how to overcome worry, reduce performance anxiety and social anxiety and build a resilient, high performance mindset.



## Key takeaways

- Build greater confidence and influence
- Be more assertive in challenging situations
- Embrace high-performance habits
- Let go of avoidance, procrastination and perfectionism
- Feel empowered and live your most satisfying life
- Boost positivity, happiness and wellbeing



## Keynote 7

# Mindfulness to Build Resilience

This keynote is essential for all **leaders and organisations** seeking to **master mindfulness, build resilience and boost productivity and performance**.

As a mindfulness expert, Dr Jodie will unveil her powerful, practical and easy to implement tools to help audiences to master mindfulness, build resilience and reduce anxiety and stress in their professional and personal lives.

## Overview

In today's **increasingly demanding business environment**, mindfulness is a practical and effective tool for teams to boost productivity and enhance engagement. The science to support the effectiveness of **mindfulness to enhance happiness and increase creativity, strategic thinking, collaboration, mental health and resilience** is high.

If you want your audience to be better equipped with the tools to achieve their potential professionally and personally, achieve a greater sense of clarity and calm and conquer worry and stress in an uncertain world, then this is the essential keynote for your organisation or event.



## Key takeaways

- What is mindfulness
- What are the many benefits of mindfulness
- Understand the neuroscience of stress
- How mindfulness will help you to stand up to worry and fear and build a sense of calm
- How to build a resilient mindset
- Mindfulness tools and techniques and daily mindfulness practices



## Keynote 8

# Emotional Intelligence - Keeping Confident, Collaborative and Calm

This keynote is essential for **leaders and teams** looking to **build emotional intelligence and outstanding relationships in business and life.**

Dr Jodie will share strategies from decades coaching world leading executives and organisations to help individuals and teams to stay calm under pressure, embrace confident and assertive interactions and build effective relationships.

## Overview

**Emotional intelligence** is the x-factor in high performance. It is the **ability to build strong relationships** through self-awareness, empathy and emotional control.

However, in today's stressful world, humans are naturally inclined towards fight behaviours (attack), flight behaviours (avoid), or a need for certainty and control. This often leads to ineffective leadership, toxic cultures, and poor performance.

This essential keynote will equip you with the skills to navigate challenging situations and more readily succeed in business and life.



## Key takeaways

- Learn the key components of emotional intelligence
- The neuroscience of mastering your mindset
- Strategies to build confidence, assertiveness, effective sales, influence, empathy and trust
- Learn how to move from conflict to cohesion and collaboration in high pressure environments
- 10-step toolkit to optimise emotional intelligence and embrace high performance habits



## Keynote 9

# How to be an Outstanding Leader, Mentor and Coach

This keynote is essential for **any organisation** looking to **build outstanding leaders, coaches and mentors**.

Dr Jodie will share her expertise from decades as a High Performance and Executive Coach to equip leaders and teams with the essential tools to be an outstanding leader, mentor and coach.

## Overview

**Effective leadership, coaching and mentoring** is crucial to any organisation looking to **build a high performance culture** where people can **achieve their full potential**. However, research demonstrates that effective leadership, coaching and mentoring are the most challenging skills in any organisation. The quintessential problem is how to transition from technical capabilities to people management and be an outstanding leader, mentor and coach.

For nearly three decades, Dr Jodie has been an Executive and High Performance Coach to global business leaders. You can learn from her expertise as she shares tools and insights on mastering the art of high performance leadership, coaching and mentoring to build a successful organisation.



## Key takeaways

- How to foster a growth mindset and learning culture of psychological safety, transparency and trust
- Strategies from the world's leading organisations
- The power of mission, purpose, strategic goals and values
- The difference between coaching and mentoring
- How to implement high performance rhythms
- 10-Step Toolkit on how to be an outstanding leader, mentor and coach



## Keynote 10

# Helping Teachers, Students and Parents to Prevent Anxiety & Build Wellbeing

This keynote is essential for **teachers, students and parents** looking to **prevent and manage anxiety and build wellbeing**.

Through over two decades of research and practice in schools as an Adult, Child and Adolescent Doctor of Clinical Psychology and Anxiety Expert, Dr Jodie has helped school principals, teachers, students and parents with practical tools to prevent and manage anxiety and build resilience and wellbeing. Dr Jodie will share her MIND STRENGTH TOOLKIT to help your school to move from anxiety to action and thrive.

## Overview

Research among education leaders and students repeatedly identifies **anxiety as the most prevalent mental health challenge in schools**. Anxiety is a primary contributor to student and teacher burnout, student self harm and despair. Teachers and parents report feeling underprepared and under-resourced to help their children and adolescents with anxiety.

In this essential keynote, Dr Jodie will equip students, teachers and parents with a consistent language and a transformational toolkit to manage and prevent anxiety, reduce student risk and build resilience and wellbeing.



## Key takeaways

- What is anxiety and what are the often unrecognised ways it can show up in children and adolescents
- How to manage stress and bolster against burnout
- Tools to turn anxiety into resilient action
- How to stand up to fear and boost confidence
- Scientifically supported mood boosters
- Ways to boost happiness and wellbeing



WHAT IF YOU COULD TURN ANXIETY INTO YOUR SUPERPOWER?

# THE MIND STRENGTH METHOD

The Mind Strength Methodology offers a logical and practical toolkit using evidence-based techniques to overcome fear-driven thoughts and behaviours and turn them into empowered action.

Break free from being bossed around by worry and your inner critic and build a resilient, high-performance mindset.

Woven through with relatable case studies, simple diagrams and illustrations, 'The Mind Strength Method: Four Steps to Curb Anxiety, Conquer Worry and Build Resilience' challenges the stories you have been telling yourself. It helps individuals, teams and leaders move forward in life with enhanced courage, confidence and success.

The Mind Strength Method is a go-to guide for anyone who feels caught in fight-or-flight mode and is a must-read book in to build happiness, resilience and wellbeing.







# Keep in touch

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