

The Creativity Series

HOSTED BY

MarieOakes

WELLBEING SPEAKER | RESILIENCE COACH | FASHION INDUSTRY EXPERT



FOUNDATION TALK 1

beating burnout

- Burnout & the burnout prevention matrix
- Strategies to living & working more sustainably
- Overcoming challenge & dealing with pressure
- Resilience thinking to maximise your wellbeing

TALK 2

maximising creativity

- Maximise energy, reduce stress
- Accessing your most creative state
- Self discipline and creativity do go together

TALK 3

pushing boundaries

- Being bold and original
- The risks of not taking risks
- Redefining failure
- 'Build what's strong' not 'fix what's wrong'

TALK 4

unlocking confidence

- Managing your emotions
- Setting clear expectations
- Building your value
- Finding your voice

TALK 5

managing your mind

- Thriving under pressure
- Striving for progress not perfection
- Building resilience
- Owning your own mental wealth

TALK 6

living by your values

- Live it before you lead it
- Building trust
- Asking for help - without showing weakness
- Leading by your values