

# James O'Loghlin

One of Australia's most respected and recognisable media personalities with a passion for practical innovation.



## Speaker Bio

James O'Loghlin is one of Australia's most respected media personalities, and an experienced and highly skilled keynote speaker, facilitator, and MC. James is perhaps best known for his 15 years presenting witty and entertaining programs on ABC Local Radio, and as the host of over 300 episodes of the much loved "The New Inventors" on ABC-TV . It was this role that fuelled James' passion for practical innovation.

James has been delighting corporate audiences with his unique brand of corporate insight and comedy for over a decade, and is equally at home giving keynotes, acting as MC for conferences and awards nights, and facilitating panel discussions. He is a favourite with Australian audiences and event planners, and a true industry professional with hundreds of successful live

events to his credit.

James is the author of 12 books, including 'Innovation is a State of Mind', and, with Prof Ian Hickie, the bestselling mental health book 'Minding Your Mind'. Prof Hickie and James's mental health podcast, 'Minding Your Mind', has been listened to over a quarter of a million times.

James speaks on the topics of Innovation, where he shares practical strategies to help people identify opportunities for innovation in their business and take advantage of them, Mental Health, where he shares evidence based strategies to help people maintain and improve their mental health, and Persuasion and Influence, where he shares practical strategies to help people to become more persuasive and influential.

## Master of Ceremonies and Facilitator

James is an accomplished and highly experienced MC, able to draw laughs from whatever is happening whilst running events efficiently. You get the professionalism of an experienced radio and television host who is utterly at home on stage, combined with the humour of one of Australia's best corporate

comedians. James is an experienced and able panel facilitator who always ensures that the discussion is informative and entertaining.



## My topics...

### Innovation is a State of Mind

Everyone knows innovation is important. The pace of change has never been faster. Today's cutting edge best practice quickly becomes tomorrow's fax machine. No matter how well your business is doing today, to stay relevant and successful, you have to keep innovating

Former host of ABC-TV's 'The New Inventors', author of 'Innovation is a State of Mind' and innovation expert James O'Loughlin will discuss:

- ▶ How to identify opportunities for innovation and generate new ideas
- ▶ 3 things everyone can do to be more innovative
- ▶ A process everyone can use to create innovation
- ▶ How to build a workplace culture that encourages innovation

**Note – a practical workshop can follow the keynote, where participants apply the innovation process to their own business, identify opportunities for innovation, and come up with new ideas.**

### Overcoming the Barriers to Innovation

Many of us want to focus more on innovation and improving our business but find it just doesn't happen. What goes wrong? What stops us from being innovative? How can we overcome those barriers? In this informative and entertaining keynote, former host of ABC-TV's 'The New Inventors', author of 'Innovation is a State of Mind' and innovation expert James O'Loughlin will outline the 6 big barriers to innovation, and share practical strategies to overcome each one, to enable people to ensure that making their business better becomes a part of their work every day.

#### Session takeaways:

- ▶ An understanding of the factors that prevent us from being more innovative
- ▶ Easy to implement strategies to become more innovative every day
- ▶ Strategies to identify opportunities for innovation and take advantage of them
- ▶ How to create an innovative workplace culture

**Note – a practical workshop can follow the keynote, where participants apply the innovation process to their own business, identify opportunities for innovation, and come up with new ideas.**



**"Bringing his unique blend of wit, charm and professionalism, James not only kept the event organised but also infused it with energy and engagement.**

**His ability to connect with the audience and navigate the conference agenda made our event a success."**

Communication Manager, Qantas



## My topics...

### Minding Your Mind

There are things we can all do to maintain and improve our mental health. In this engaging and informative keynote James O’Loughlin, co-host of the mental health podcast, ‘Minding Your Mind’, downloaded over a quarter of a million times, and co-author of the book ‘Minding Your Mind’ will share practical, usable strategies that empower people to maintain and improve their mental health.

#### Session takeaways:

- ▶ How to notice, and deal with, the early signs of burnout
- ▶ 7 evidence-based strategies to improve mental health and live happier, more productive lives
- ▶ The importance of being socially connected for good mental health
- ▶ How do deal with large, unsettling changes

**Note – a practical workshop can follow the keynote**



## Testimonials

**"Such a positive, successful morning of thinking about innovative thinking! "**

Principal, Emanuel School

**"James was fantastic. He tailored his speech perfectly to our particular event demographic. All participants at our event commented on how James was funny, relatable and very practical. "**

Legal Counsel - Stockland

**"James was wonderful at our Awards Night. He put a lot of preparation into his role as MC, and was instrumental in setting a fantastic atmosphere for the event. "**

Employers Mutuals Awards

### Persuasion and Influence

How do you persuade people? When you have an idea, how do you get others on board to help you turn it into something real? Lots of good ideas never get anywhere. How can you make sure that yours do?

Being able to persuade is an essential skill. You might have an idea at work, something you want to pitch in a meeting, or a proposal you want to excite clients and customers about. You might want to get your team fired up, persuade your boss, or even harder, one of your kids. To do it, you need to know how to persuade, and how to influence. In this compelling and informative keynote, James O’Loughlin will share practical strategies to enable people to be more persuasive and influential.

#### Session takeaways:

- ▶ How to boil a complex argument down to its essence and present a short, sharp and compelling pitch
- ▶ How to identify and get to decision-makers
- ▶ How to work out what a decision maker wants, what they need and how your proposal can solve a problem for them
- ▶ How to focus on solutions
- ▶ How to find and enlist influential supporters

**"James did an amazing job as our MC for our Virtual Conference this year. He demonstrated a passion for innovation and was great in interacting with our speakers during the Q&A sessions."**

ANZIIF (Fellow) CIP, Manager Member Services  
Unimutual Limited

**"James was a real hit! He added some really important humour and a great energy to our night."**

Australian Council of Private Education and Training