

## INNOVATING THE HUMAN EXPERIENCE

(OR "THE GIFT OF TIME")

APPLYING "DESIGN THINKING"

- ▶ TO LEVERAGE STRENGTHS
- ▶ TO INCREASE RESILIENCY
- ▶ TO EXPAND TIME

## KEYNOTES / WORKSHOPS

### Innovate Your Life.

What happens when one of the world's leading "Design Thinking" experts takes his innovation expertise (usually applied to Fortune 500 business challenges) and instead applies it to some of life's bigger questions? Step by step, John K. Coyle applies creative destruction to our standard operating procedures and common assumptions about strengths and weaknesses, stress and resiliency, and time and "chronoception" (how humans experience time).

This program reframes conventional wisdom and sets the stage for some startling results.

#### Standard Operating Procedure

1. "How do I fix my weaknesses?"
2. "How do I reduce my stress?"
3. "How do I achieve more years in my life?"

#### Reframed Questions

1. "How do I design for my unique strengths?"
2. "How do I increase my resiliency and perform even better under greater stress?"
3. "How do I achieve more life in my years?"

After a decade of research and experimentation, John uses findings from neuroscience and psychology to deliver the first prescriptive advice on how to live a (perceptually) longer and fuller life. John's thesis is that by pursuing a strengths-focused, resilient life, we can fundamentally change our relationship with time itself and live (almost) forever. The program includes data-driven science, entertaining true stories, introspective self-analysis, and personal roadmap planning and development.

**Length:** minimum 90 minutes for a keynote, up to 2 full days for a workshop.

[Watch video.](#)

### This program is particularly well-suited for:

- Client-relationship events where the host desires that the guests leave with a feeling of gratitude for the "gift of time."
- Association meetings or conferences where the members are ready to take a break from industry-specific or technical presentations.
- Annual or all-hands retreats where an employer desires to increase employee engagement by encouraging personal development beyond the workplace.
- High-achieving, time-starved professionals seeking greater meaning in their work and lives.

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### John K. Coyle Speaker Credentials



**As one of the world’s leading experts in “Design Thinking” and innovation,** John K. Coyle is a sought-after speaker who has presented for Fortune 100 companies, Universities, TEDx stages and multiple international conferences. He also happens to have an Olympic Medal for Speedskating.

John is the CEO and Founder of Speaking Design Thinking, and the host and trainer of the Design Thinking Academy online executive education series. He is the best-selling author of *Design For Strengths: Applying Design Thinking to Individual and Team Strengths* (2018) and *The Art of Really Living Manifesto* (2016).

A graduate of Stanford University's Product Design program and The Kellogg Graduate School of Management, John is an NBC sports analyst who lectures and teaches innovation courses at Marquette, Northwestern and CEDIM University Graduate School in Mexico. Prior to his current roles, John was the senior executive in charge of innovation at a Fortune 500 telecom company, and Senior Vice President at an Innovation Consulting Firm.

Known as #TheTimeGuy, John is a thought leader in the field of chronoception—the study of how humans process time. His mission is to innovate the human experience. He helps people understand the neuroscience and psychology of time perception and design experiences that expand our relationship with time, leading to the endless summers of our youth.

John offers the intellectual and analytical background of a professor coupled with the inspired emotional storytelling of a champion athlete. People leave John’s experiential learning sessions empowered and motivated to make significant, positive changes in their business and personal lives. See more than 75 raving reviews on [LinkedIn](https://www.linkedin.com).

### Tools For Event Planners

- Working with John is easy. His Executive Manager, Monica Goebel, will facilitate all the details, such as bios, handouts, program descriptions, contracts, invoices, AV requirements and script for podium introduction.
- John will work closely with your leadership team to customize his program to meet your organizational culture, event theme and other unique requirements.
- John will bring his Olympic Silver Medal to your event for attendees to examine and photograph.
- As needed, John will participate in panel discussions, book signings, photo sessions, meals, receptions, and other group activities.
- John’s books are available for discounted bulk purchase.



### Add-Ons

**Self-Assessment Exercise.** Participants assess their personal strengths and weaknesses, identify the relationship between the two, and search for “hidden strengths.”

**Turning Points Exercise:** Self-discovery and analysis activity to find patterns of resiliency from key life “turning points,” and to identify personal tools and strengths to draw upon in emerging times of challenge.

**Mindfulness Primer and Exercise:** An examination and illumination of mindfulness from a brain science perspective, along with a practice session.

**For Leaders and Rising Stars:** The John K. Coyle Design Thinking Academy is a virtual executive education platform. John’s flagship course, the [Innovation Leadership Development Series](#) provides an in-depth exploration of the mindsets and tools needed to lead innovation. The Academy allows you to spread the knowledge wide and deep at times and locations convenient for your team. It can be combined with an in-person keynote or workshop with John, or delivered as a stand-alone program. The Academy includes videos, reinforcement tools and coaching to take your business to the next level.

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Contact **John's** Executive Manager, **Monica Goebel**, 262-903-9270 or [monica@johnkcoyle.com](mailto:monica@johnkcoyle.com),

*to check availability and how to deliver best value to your group.*