



BANISH BURNOUT - A MATTER OF BALANCE

Is Burnout just 'work related' stress?
How do we solve the 'Hamster Wheel Effect'?
Why are new 'Neural Pathways' so effective?

Dr André

Banish Burnout - A matter of balance

Burnout has reached alarming levels, with 77% of U.S. professionals reporting symptoms. Drawing on his experience as a Visiting Professor of Creativity and Entrepreneurship working with the Virgin Group, The Smithsonian and the Welsh Government, “Banish Burnout” offers a distinctive approach that views burnout as a multi-faceted challenge, distinct from mere stress.

Using Spherical Thinking™ Dr. Andre combines intuitive and logical thinking processes to guide participants to identify early-stage burnout in themselves and others.

The session is dynamic and combines tales of real life transformation and more than a little humor to ensure audience engagement and equip them with practical strategies that can be implemented immediately.

Attendees leave with renewed energy and clearer strategies for maintaining wellness in their personal and professional lives.

This Keynote, Breakout or Workshop topic comes with option of a Workbook, Innovation Assessment and eBook.

Key Takeaways

- **Identify Early Warning Signs:**
Recognize early signs of burnout in oneself and colleagues to intervene effectively.
- **Promote Wellness Strategies:**
Implement actionable wellness strategies that lead to a sustainable work-life balance.
- **Understand the ‘3Rs’.** Understanding the importance of maintaining balance in Relationships, Recreation and Responsibilities is a core part of Banishing Burnout.
- **Boost Motivation and Productivity:**
Develop a personalized action plan to sustain energy levels and increase overall motivation.

*Powerful and Inspiring. A
“Burnout is what happens
when one stops listening
to oneself”*

*Sir Tim Berners-
Inventor of* **Dr. André Walton**



CREATING INNOVATIVE SPACES

What influences how creative we are?
Is team work good for creativity?
How does stress impact innovation?

Dr André

Creating Innovative Spaces

In today's turbulent world, creativity is no longer a luxury, it's an imperative for leaders and as a core value for organizations. In this compelling talk, Dr. André Walton explores how organizations move beyond lip service or a brainstorming session and embed creativity as a core part of their culture.

Drawing on over two decades of research in organizational creativity and the neuroscience of innovation, Dr. Walton shares actionable strategies for designing environments that attract and retain creative minds, foster psychological safety, and unlock breakthrough thinking across all levels of an organization. For organizations to become truly innovative, they must be supportive of new idea generation and accepting of failure.

This talk is ideal for leaders, educators, and organizations ready to future-proof their culture by making creativity not just a tool but a defining principle of how they operate and grow utilizing the full creative potential of employees.

This Keynote, Breakout or Workshop topic comes with option of a Workbook, Innovation Assessment and eBook.

Key Takeaways

- **Creativity is a Core Value, Not a Side Project**
Leaders must move beyond brainstorming sessions and slogans. To thrive in today's turbulent world, organizations need to embed creativity into their culture.
- **Environments Shape Innovation**
Physical and psychological spaces matter. Organizations that reject fear of failure and foster openness and support for experimentation attract and retain creative minds.
- **Stress Blocks, Safety Unlocks**
Neural research shows that supportive, failure-tolerant cultures enable risk-taking, exploration, and originality.
- **Collaboration Fuels or Stifles Creativity. Your Choice!**
Teamwork can promote creativity through the generation of diverse perspectives. But it must be structured to encourage idea-sharing rather than conformity or hierarchy.

“Powerful and inspiring. A unique and valuable way to view creativity and innovation”

Sir Tim Berners-Lee
Inventor of the World Wide Web



TRANSFORMATIONAL DECISION MAKING

Does brainstorming produce more options?
What resources do we need for complex problems?
How does stress impact our problem solving?

Dr. André

Transformational Decision Making

In a world of increasing complexity, linear thinking falls short. Dr. André Walton's Spherical Thinking offers a revolutionary approach to decision-making. It embraces complexity, widens perspective, and leads to more resilient, creative, and emotional intelligence.

In this eye-opening keynote, breakout session or workout, Dr. Walton introduces Spherical Thinking as a multi-dimensional framework that helps move beyond binary choices and reactive strategies. Drawing on his expertise in creativity research, neuroscience, and social psychology, he equips audiences with tools to map problems from multiple angles, anticipate consequences, and see connections where others see chaos.

Ideal for leaders, strategists, and innovators, this session transforms how individuals and organizations think, decide, and lead—preparing them to thrive in a dynamic and increasingly complex, vibrant world.

This Keynote, Breakout or Workshop topic comes with option of a Workbook, Innovation Assessment and eBook.

Key Takeaways

- **Create new thinking patterns**
Breaking free from rigid, linear patterns of thought is the key to creative, innovative thinking, seeing more options and better decision making.
- **Navigate uncertainty with Spherical Thinking™**
Ambiguity and uncertainty go hand-in-hand in the fast-paced world in which we live. Spherical Thinking™ provides a powerful tool with which to deal with them.
- **Practical techniques** that enhance foresight, adaptability, and collaborative insight.
- **Reframing decision-making** as a creative, expansive, and innovative process.

**“Our decisions are the
cornerstone of our life’s
journey, and the same is true
for our business”**

Inventor of **Dr. André Walton**



CREATIVITY AND INNOVATION UNDERSTAND THE PAST, UNLOCK THE FUTURE

How did we get here?

Do creative people have more psychological problems?

Why are some times more creative than others?

Dr André

Creativity and Innovation

In this fascinating presentation, Dr. André Walton, an internationally recognized expert in creativity and organizational design, addresses these questions and more. He takes the audience on a sweeping journey through the evolution of human creativity to conclude....

Creativity is the Source of our Social Evolution!

From prehistoric societies to today's complex digital age creativity has always been with us.

Along the way, Dr. Andre unpacks crucial questions that affect how we understand and harness creativity in our lives and organizations and shows us that we all had the power to think creatively once and what it means to regain that power.

This Keynote, Breakout or Workshop topic comes with option of a Workbook, Innovation Assessment and eBook.

Key Takeaways

- **Attracting creative employees:**

We can all think creatively. Seeking creatives is to be commended, but so is utilizing the human resources you already have onhand!

- **Are different management & leadership skills needed?**

Yes. If your staff are being mentored to think more creatively, your leadership skills may need adjustment. This is equally true if you want your business to appear attractive to creatives..

- **The skepticism of others need not influence us!**

Creative people may encounter rejection from others and may seek to be 'loners'. Creativity is showing individuality and requires space to. Onlookers can be skeptical!

- **We have two different patterns of thinking**

fMRI imaging studies confirm that our two ways of thinking comprise our childhood one and our adult one. They are not incompatible!

“ Powerful and inspiring. A unique and valuable way to view creativity and innovation ”

Sir Tim Berners-Lee

Inventor of the World Wide Web



CREATIVE THINKING: FOR TRANSFORMATIVE STRATEGIC PLANNING

How do we plan for innovation?
Can a strategic plan be a powerful, dynamic tool?
Is creative thinking compatible with planning?

Dr. André

Transformative strategic planning

Traditional strategic planning often focuses on efficiency, prediction, and control—but in today’s volatile world, those tools alone are not enough. In this dynamic session, Dr. André Walton introduces a new model of Transformational Strategic Planning that integrates the science of creativity with the discipline of strategy.

Audiences will discover how creative thinking unlocks new neural pathways, enabling leaders to move beyond incremental adjustments and instead design bold, future-ready strategies. Dr. Walton draws on two decades of research in neuroscience, organizational psychology, and innovation to demonstrate how teams can reframe challenges, anticipate disruption, and build resilience in uncertainty.

Through engaging examples and practical exercises, participants learn how to balance analytical rigor with intuitive insight, transforming planning sessions into catalysts for innovation. This talk equips leaders with tools to align vision, empower teams, and build organizations where creativity drives sustainable success.

This Keynote, Breakout or Workshop topic comes with option of a Workbook, Innovation Assessment and eBook.

Key Takeaways

- **Unlock Creative Pathways for Strategy**
Combine analytical thinking with creative insight to design strategies that spark transformation and move beyond incremental growth.
- **Transform Planning into Innovation**
Gain practical tools to shift strategic planning from static forecasting into a dynamic, innovation-driven experience that aligns vision and energizes teams.
- **Engage Teams in the Process**
Learn facilitation methods that invite diverse voices and ideas, ensuring your strategy is co-created, owned by all, and implemented with enthusiasm.
- **Align Strategy with Human Potential**
See how weaving creativity and emotional intelligence into planning unlock better ideas, and stronger teams.

**“By failing to plan you are
unwittingly planning to fail”**

Inventor of **Dr. André Walton**