Activate Success with John O'Brien

# Speaking Topics

John M. O'Brien, Ph.D.
Psychologist · TEDx Speaker · Author of *Rudeness Rehab*

Keynotes and workshops grounded in 30 years of psychology practice, customized for corporate, healthcare, legal, financial services, association, and nonprofit audiences.

CIVILITY · LEADERSHIP · WELLBEING

CIVILITY · SIGNATURE KEYNOTE

## Rudeness Rehab: Reclaiming Civility in the Workplace

Toxic work environments bleed talent, especially younger workers. This session reveals the hidden costs of unchecked "bad behavior," the research on its effects, and practical strategies to respond with civility, with special emphasis on the leader's role in setting the standard.

BASED ON THE BOOK
**Rudeness Rehab**

CIVILITY · WORKSHOP

### Managing Disruptive Behaviors

Gives supervisors the skills to describe difficult behavior from customers, staff, or managers, see how conflict styles help or hinder, and respond effectively.

LEADERSHIP

### Avoid Avoiding: Building the Courage and Skill to Address Employee Behavior

Why supervisors let small problems slide, tools to give corrective feedback early, and how to coach the supervisors who report to them.

LEADERSHIP

### Motivating the Unmotivated: Igniting Drive and Engagement at Work

An interactive session drawing on neuroscience and psychology to build autonomy, mastery, and meaningful engagement. Participants leave with a personal plan.

LEADERSHIP

### Barriers and Bolsters to Behavior Change

Closing the "knowing–doing gap": how habits form in the brain, the Stages of Change model, and practical ways to turn knowledge into lasting action.

WELLBEING

### Master the Art of Stress Management: Unleash Pathways to Balanced Living

Identify your sources of stress and how they affect mind and body, then build your own plan for balanced living and wellbeing.

WELLBEING

### Mindfulness Strategies for Workplace Wellbeing and Resilience

The science of mindfulness plus hands-on exercises attendees can use right away to reduce stress and strengthen emotional resilience.

WELLBEING · WORKSHOP

### Leading with Empathy: Creating a Trauma-Sensitive Workplace

How trauma shows up at work and how to respond with care, using real scenarios to build habits grounded in safety, trust, choice, and collaboration.

WELLBEING · WORKSHOP

### Building Resilience: Mental Health and Suicide Prevention

Recognize warning signs, respond with care to co-workers who may be struggling, connect people to resources like EAPs and 988, and reduce stigma.

## Book John to Speak

TEDxTufts: "Small Slights, Big Consequences"
Scan for videos, testimonials & booking

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