



# Oliver Burkeman

Journalist & Personal Development Expert



CSA Celebrity Speakers Ltd

Oliver Burkeman writes a popular weekly Guardian column, This Column Will Change Your Life, on psychology, productivity and the science of happiness. His irreverent books and talks dismantle key myths of popular psychology and offer counterintuitive alternative approaches to success at work and in life. He is a regular contributor to many other outlets, including Psychologies magazine and to television and radio.

**"A Creative Way of Engaging with the World"**

## In detail

Oliver's writing and speaking draw on ancient philosophical wisdom, cutting-edge research, and his own first-person adventures - which have taken him to silent meditation retreats, via the most dangerous neighborhoods of Mexico City and Nairobi, to the world's largest collection of failed consumer products. As an interviewer for The Guardian, he has met and profiled figures from Bill Clinton to Jerry Seinfeld. Oliver has been a popular speaker at conferences and festivals in the UK, US, Asia, Australia, the Middle East and elsewhere.

## What he offers you

Oliver Burkeman offers practical, time-tested strategies for managing "overwhelm", beating procrastination, and cultivating attention and creativity in a digital age. His work focuses in particular on developing "negative capability" - the skills and strengths that come from embracing uncertainty and insecurity, and facing failure.

## How he presents

Oliver's talks combine compelling storytelling, humour and actionable strategies to enhance happiness, innovation, and resilience in individuals and organizations alike.

## Topics

The Positive Power of Negative Thinking  
Getting Creative Work Done  
Can You Make Yourself Smarter?  
Why Self-Help Doesn't Usually Help  
Uncertainty as a Creative Force

## Languages

He presents in English.

## Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

## How to book him?

Simply phone or e-mail us.

## Publications

### 2012

The Antidote: Happiness for People Who Can't Stand Positive Thinking

### 2011

HELP! How to Become Slightly Happier and Get a Bit More Done