

Tom Nash

Inspirational Speaker, Club DJ, & Author

BECOMING ANTIFRAGILE—The Adversity Advantage. With so much talk of ‘resilience’, one must wonder... is resilience really sufficient? Sometimes it’s not good enough to simply resist challenges; often we must grow from them, using them to become better versions of ourselves. In ‘Becoming Antifragile’, Tom discusses his process of going beyond resilience, and using adversity as an advantage. From mental agility to modern stoicism, using cognitive restructuring to reframe challenges and adapt to ever-changing landscapes can be the difference between sinking or swimming. A quintessential example of how to live as though that which does not kill you, has the potential to make you stronger.

DESIGNING FOR ONE, DESIGNS FOR ALL—Innovation with Universal Design. What hacks can be used to make design unique? Designing systems, products or environments for the average person under perfect conditions seeks to satisfy the group, while often failing to serve each individual. Conversely, Innovating with Universal Design in mind, solves problems that are obvious for the individual but which often have unintended positive consequences for the wider population. Many technologies designed with limited abilities in mind have gone on to become crucial and ubiquitous tools favored the world-over by broader populations despite their abilities or limitations. Universal design has the ability to solve problems previously shrouded by the naivety of narrow objectives, and broaden the canvas of opportunity for unique design and innovation.

CREATIVE PROBLEM SOLVING—What disability can teach us about thinking laterally. What do a Global Pandemic and the loss of all four limbs have in common? In his light-hearted yet captivating take on adversity and pragmatism, Tom Nash elucidates the links between being forced to think differently to solve problems, and the lateral thinking methods involved in overcoming challenges. From overcoming the roadblocks of Path Dependency and Defensive Decision Making, to dividing and conquering problems creatively, identifying false assumptions and testing ideas that others don’t bother to. An uplifting discourse which takes solace from the knowledge that no matter what threats lurk on the horizon... we all have it within us to overcome them.