

Mark Bowden

Expert in Body Language, Human Behavior & Communication

PEAK PERFORMANCE: Your Human Advantage in the AI Age — Maximize Your Trust and Credibility, Build Connections and Perform at Your Peak. We humans have seen thousands of years of revolutionary technologies, along with two ice ages; and yet, the human body and our feelings have remained unchanged. So, do we really think that AI will freeze us out? Artificial Intelligence will streamline many tasks, but it will never replace our fundamental need for human connection or the benefit of having interpersonal skills. The future of work and top performance belongs to those who take advantage of the time and space this new technology will provide us to maximize our human connections – and they'll give people more time to work out who they can really trust. In this energetic and riveting keynote speech by world-renowned body language and communication expert Mark Bowden, audiences are empowered with human know-how to thrive in the future of work, to build trust and credibility around themselves, alongside AI and not in its shadow. Bowden, in his inimitable energetic and motivational style shares his newest thinking alongside his fundamental skills to help you understand that while work adapts to the progress and change brought about by generative AI such as ChatGPT, working on our interpersonal communication skills is now even more essential. You will learn to: Embrace and expand your understanding of how to use your nonverbal behavior to build, maintain and strengthen valuable relationships with clients and colleagues Listen effectively and inspire action and confidence in yourself and others to face the future hand in hand with new technologies Learn how best to show up, look and feel confident, build and sustain relationships Always win trust and gain credibility, be influential and persuasive every time you speak

THE FOLLOWABLE LEADER: Building Trust, Credibility, Clarity, and Empathy. What makes a great leader? It's not just confidence, experience, or even expertise—it's the ability to communicate in a way that makes people want to follow you. In this keynote, world-renowned body language expert Mark Bowden challenges leaders to rethink authenticity and focus on communicating in a way that naturally inspires people to follow. While authenticity is often framed as the key to strong leadership, the truth is that your most "authentic" self is complex, contradictory, and unclear. In times of change and uncertainty, people don't follow complexity; they follow leaders who provide clarity, trust, credibility, and empathy through their words and actions. Through real-time demonstrations, interactive exercises, and compelling insights, Mark equips audiences with practical nonverbal and verbal techniques to develop clarity, trust, credibility, and empathy. He helps leaders cultivate a leadership style that aligns with team needs while staying true to core values.

FUTURE OF WORK: The Hybrid Work World: Be Future Work Ready to Communicate, Connect and Collaborate. Famously energetic, motivational and vitally useful, world-renowned

body language and communications expert Mark Bowden shares his top live and digital communication techniques and the science behind them to stand out, win trust and gain credibility, and get you and your organization performing in the hybrid work landscape. Top takeaways include: Ensure no person or great idea gets missed out by enabling the most effective collaboration in hybrid settings at every opportunity. Learn how to show up in hybrid meetings in every setting looking confident, and armed with the right communication skills to build relationships, win trust and engage others, and maximize equity, positivity, collaboration and crucially sustainable performance. Know the factors that cause people to feel disempowered in hybrid settings and how to countermeasure those to keep them motivated to perform at their best. Learn new strategies to help sustain your teams, and keep them focused and optimistic while managing the complexities. Learn better self-control, better navigation of the myriad of situations of the ever-changing future workplace, and ensure your optimal performance, productivity, and well-being. This keynote will enable you to master effective techniques for influence and persuasion in every setting ... all delivered in Mark's inimitable entertaining style. Make sure no great idea gets left behind.

COMPANY CULTURE AND HOW TO BUILD IT: Performance Together on Purpose. When productivity is flagging and people are being uncooperative, unproductive and giving up, often the response is *we've got a culture problem, let's improve our culture*. Building a strong and inclusive culture is the most popular solution to the modern organizational dilemma of how to create resilience and grit in the struggle to remain competitive and productive. However, without truly understanding the components of culture and how they can best function together, this can prove to be a difficult if not impossible task. How well do we really understand *exactly* what culture **is** and why we humans have it, regardless of whether we have inherited or built it on purpose? How could we seek as an organization, company or brand to design and build a culture that connects us, setting us up for success as we work together with a common purpose toward a unified goal? In this highly interactive and engaging keynote Mark takes the audience on a journey to *understanding* culture – the innate system that helps people work together and unconsciously cooperate – its components, mechanics, how and why it can work to optimize performance and productivity. Among the key takeaways from this keynote are understanding the building blocks of culture – values, beliefs, rituals, customs, goals, concerns and signals – how they function together, and how to best collaborate on, design and build a company culture that supports and optimizes growth, performance and productivity. We look at how cultures can collide and conflict, and exactly how to fix this with understanding, acceptance, and cooperation. Just like a brand, your organization has a culture. Start your journey to building it with purpose, together, today. This keynote will help your organization: **Demystify Culture:** Understand what culture and how it impacts your team **Unlock Culture's Power:** Uncover cultures secrets for real collaboration. **Build Your Dream Culture:** Learn practical strategies for collaborating with purpose **Bridge Cultural Gaps:** Navigate differences and build bridges within your team **Master Communication:** Gain insights to connect effectively across cultures