

**LEADING FROM
ADVERSITY**



@nickbowditch



I WANT YOU TO THINK
DIFFERENTLY.

Complex Psychology, Made Simple.

My goal is to take really complex psychological ideas, solutions, and treatments, and make them accessible and easy for everyone to understand.

I do this by **speaking on stages all over the world**, or by working with people either one on one or in small groups **as their psychotherapist**.

WORK WITH NICK AS A
MOTIVATIONAL SPEAKER

WORK WITH NICK AS A
PSYCHOTHERAPIST





I have Bipolar Disorder.

I have Complex PTSD.

I have obsessive thinking.

I have been an addict.

I am unreliable.

I am socially awkward.

I fatigue easily.

I take risks.



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I have been an addict.

I am unreliable.

I am socially awkward.

I fatigue easily.

I take risks.

I have **great empathy**.

I understand **human connection**.

When my **mental illness** is at its worst, my **creativity** is at its best.

WHAT ARE YOUR
SUPERPOWERS?

WHAT STOPS US FROM BEING
GOOD LEADERS?

FEAR



**THE OPPOSITE OF FEAR ISN'T
BRAVERY, IT'S CURIOSITY.**



CRITICISM

**DON'T LISTEN TO PEOPLE WHO
ARE COVERING THEIR FEAR
BY ATTACKING YOU FOR
INVESTIGATING YOUR CURIOSITY.**

**THERE IS NO CREATIVITY
WITHOUT VULNERABILITY.**

**THE LOUDEST BOOS COME
FROM THE CHEAPEST SEATS.**



AUTHENTICITY

A man and a woman are standing in front of a bar. The woman is on the left, wearing a black sleeveless top and a necklace. The man is on the right, wearing a black shirt and tie, with his arms crossed. The background shows shelves with various bottles of alcohol. The text "AM I ENOUGH?" is overlaid in the center in a large, white, sans-serif font.

**AM I
ENOUGH?**

KEEP A NICE FILE.

**DONT TRY TO BE PERFECT,
JUST TRY TO ADD VALUE.**

**STOP COMPARING
YOURSELF TO OTHERS.**

JUST HAVE A CRACK.

WHAT MAKES US
BETTER LEADERS?



CONNECTION

BE A TEACHER.



COMMUNICATION

**TRY TO BE HONEST.
EVEN WHEN IT'S REALLY HARD.**

**BE CAREFUL HOW YOU
SPEAK TO OTHER PEOPLE.**

**BE CAREFUL HOW YOU
SPEAK TO OTHER PEOPLE.**

**BE CAREFUL HOW OTHER PEOPLE
SPEAK ABOUT YOU.**

**BE CAREFUL HOW YOU
SPEAK TO OTHER PEOPLE.**

**BE CAREFUL HOW OTHER PEOPLE
SPEAK ABOUT YOU.**

BE **MOST CAREFUL HOW YOU
SPEAK ABOUT YOURSELF.**

LISTEN.

A young woman with blonde hair tied back, wearing a white button-down shirt and a dark blue apron, stands in a restaurant. She is smiling warmly at the camera. The background is a blurred view of the restaurant interior, showing other patrons and warm, ambient lighting from pendant lamps.

MAKE MISTAKES
(MAKE LOADS OF THEM)

RESILIENCE.

RUPTURE AND REPAIR.



FOCUS ON FACT

IS IT REAL?

IS IT REAL?
CAN I CHANGE IT?

IS IT REAL?
CAN I CHANGE IT?
DOES IT MATTER ANYWAY?

FEEL EVERYTHING.



**WHERE DO YOU GET
YOUR ESTEEM?**

**NEVER GIVE ANYONE THE
POWER TO PERSUADE YOU
TO MAKE YOURSELF SMALL.**

**SMALL HOPES.
SMALL DREAMS.
SMALL MINDS.
SMALL LIVES.**

SMALL PEOPLE.

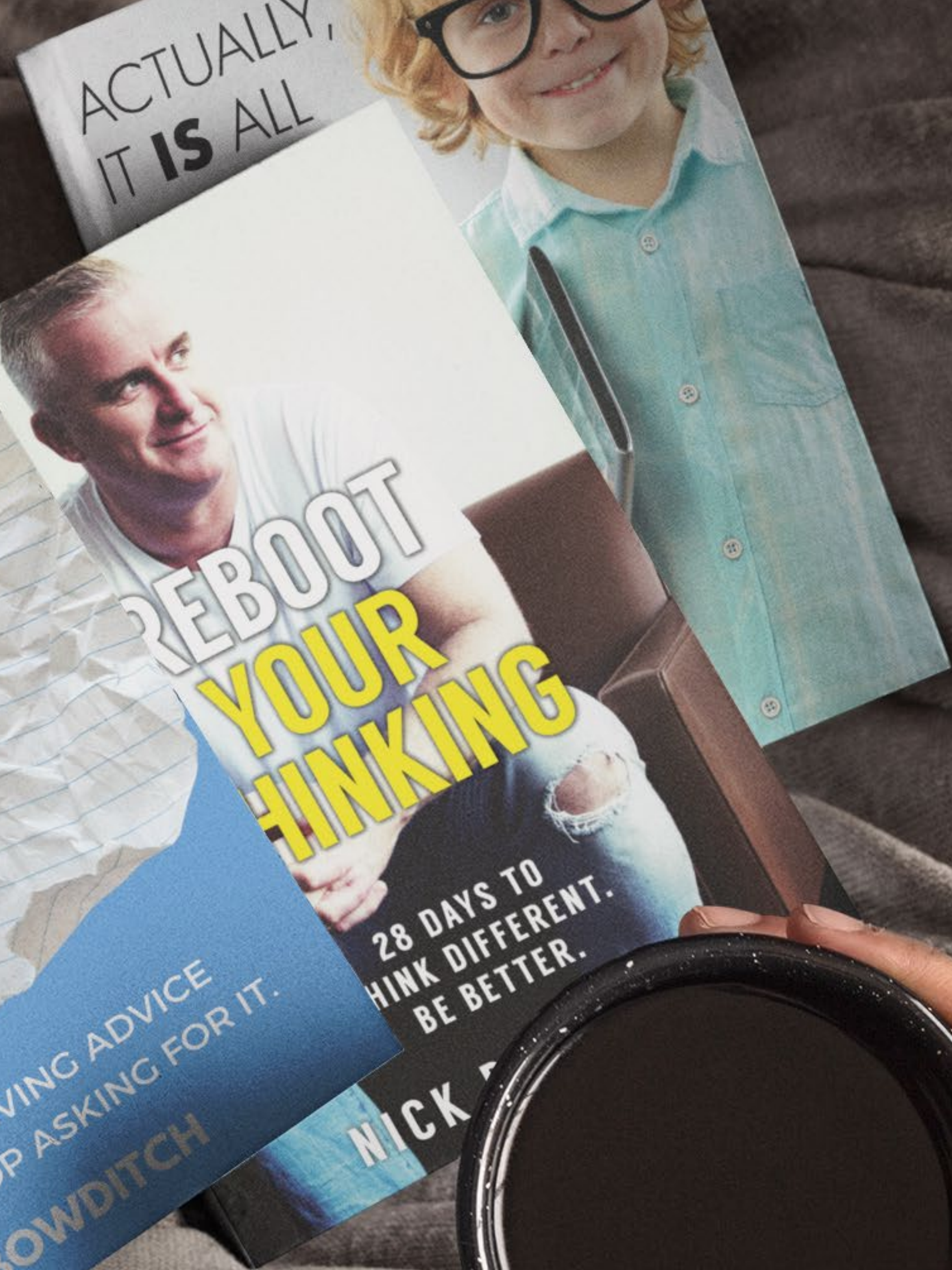
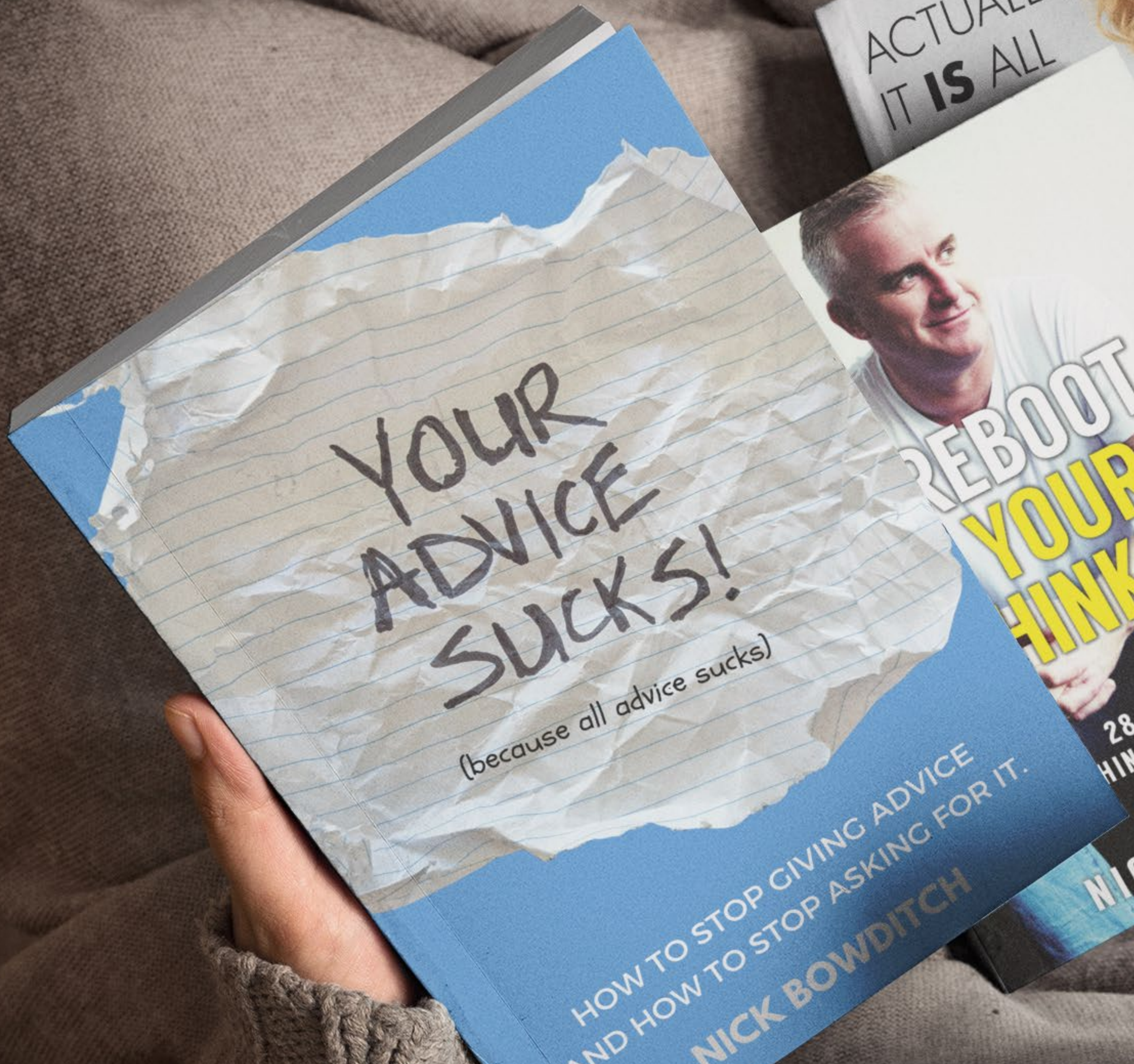
BE YOU (THAT'S PLENTY).



THE SECRET WEAPON?



KINDNESS.



**WHAT WOULD YOU DO
IF YOU WEREN'T AFRAID?**

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