



DECISIVE LEADERSHIP IN THE AGE OF FOMO

How to Lead with Conviction in the Age of Overwhelming Choice

SUBJECT AREA:

- Leadership
- Decision-Making
- Technology

AS A RESULT OF THIS PROGRAM, ATTENDEES WILL:

- Understand the psychology of fear-based decision-making
- Identify the root causes of distraction and inaction
- Design triggers that support effective decision-making and drive action
- Develop core daily practices to cultivate a decisive mindset

FORMAT:

- Keynote, workshop, and fireside chat formats available

Are you a CEO navigating a wave of industry consolidation? A leader worried about being left behind in the AI arms race? An investor watching in disbelief as peers pour money into things that make no sense? The hardest thing in leadership today isn't making the right decision. It's making any decision at all in a world where every choice comes with the nagging fear that there was a better one you missed.

At the center of this dynamic is a powerful psychological force known as Fear of Missing Out. FOMO is the hidden engine behind asset bubbles, speculative mergers, and poor strategic decisions across the spheres of finance, marketing, corporations, technology, or public policy.

In this interactive keynote based on Patrick McGinnis's bestselling book *Fear of Missing Out: Practical Decision-Making in a World of Overwhelming Choice*, Patrick unpacks the psychology behind distraction, comparison, and indecision. He also shows how FOMO shapes modern leadership, why it causes organizations to chase too many opportunities, and how decisive leaders learn to filter the noise, commit to a direction, and move forward with clarity.

Drawing on cutting-edge psychology, interactive activities, and practical decision frameworks, McGinnis shows leaders how to transform FOMO from a source of anxiety into a strategic advantage. The result is a leadership mindset that prioritizes focus, conviction, and disciplined decision-making in a world overflowing with choices.