

PATRICK J. MCGINNIS



PATRICK J. MCGINNIS KEYNOTE SPEAKING & WORKSHOP OVERVIEW



PATRICK J. MCGINNIS

Speaker, Author, Entrepreneur, Creator of the Term FOMO

More than just the man who coined the term FOMO, Patrick J. McGinnis is an author, speaker, venture capitalist, entrepreneur, and host of the hit podcast FOMO Sapiens. Committed to creating a world where entrepreneurial thinkers harness FOMO for good, Patrick is dedicated to sharing the tools for mastering decision making, curating powerful networks, forging unique and rewarding careers, and building successful businesses.

Hailed by the New York Times and Harvard Business Review for coining the iconic term FOMO, Patrick is the bestselling author of Fear of Missing Out: Practical Decision-Making in a World of Overwhelming Choice and The 10% Entrepreneur. He is also the creator and host of the hit podcast FOMO Sapiens which has surpassed 4 million downloads.

Patrick's message of living with conviction has been featured in major media including Good Morning America, NBC, New York Magazine, Financial Times, NBC, Boston Globe, Guardian, and a TED talk that has passed 2 million views. Patrick's keynote speeches leave his audiences entertained, inspired, and fired up to apply his approach to entrepreneurial thinking in both their professional and personal lives.

Keynote Speaking:

Over the past ten years, Patrick has delivered keynote speeches to audiences across the globe. From New York to San Francisco, Miami to London, Baku to Dakar, Yangon to Buenos Aires, and all over Zoom, Patrick's inspiring, interactive, fun and yet highly practical keynotes and workshops centered on decision-making, entrepreneurship, and entrepreneurial thinking have inspired thousands of people to live better, more entrepreneurial lives. On the following pages, discover Patrick's keynotes on FOMO, Mental Fitness, and Entrepreneurial Decision-Making. Please note that Patrick will customize the content and format of his programs to the needs of your organization and also accepts commissions.

"As the creator of the term FOMO, Patrick J. McGinnis is uniquely positioned to lead the fight against this very modern affliction."

- Arianna Huffington, Founder & CEO, Thrive Global

[WATCH PATRICK SPEAK](#)



MASTERING THE PSYCHOLOGY OF FOMO

TITLE:

How to Make Better Decisions, Faster

AS A RESULT OF THIS PROGRAM, ATTENDEES WILL:

- Understand the psychology of indecision (The FOMO/FOBO Framework)
- Identify the 4 root causes of indecision
- Target the triggers that inhibit effective decision-making
- Develop core daily practices to permanently remove decision-making roadblocks

ADDITIONAL TOPICS FOR RELEVANT AUDIENCES:

- How to use FOMO to Drive Sales and Supercharge Marketing
- How to Build a Decisive "No FOBO" Culture
- Keynote, workshop, and fireside chat formats available

Do you struggle to choose just one option from the many choices that you have at your disposal? Do you feel overwhelmed by the sheer number of opportunities that you must sort through each day? Are you drowning in data, feeling overwhelmed with connections, and struggling with decision fatigue, even when the stakes are relatively small?

If big data, new technology, and connectivity are supposed to supercharge our productivity and our businesses, why does the opposite feel true? It's because we live in an age where overwhelming choice leads to analysis paralysis. The resulting choice overload also causes two phenomena - FOMO (Fear of Missing Out) and FOBO (Fear of a Better Option) – that impede decision-making and sap organizations of leadership. Learning to overcome these two very modern afflictions holds the key to leading decisively no matter the stakes of the decision at hand.

In this interactive session based on Patrick J. McGinnis' bestselling book, *Fear of Missing Out: Practical Decision-Making in a World of Overwhelming Choice*, you'll receive the context, the strategies, and the technological and behavioral hacks you need to find the power to choose what you actually want and the courage to miss out on the rest. Using a mix of psychology, anecdotes, and actionable advice, Patrick will help you to take back control in a world of overwhelming choice.



THRIVING IN AN AGE OF RELENTLESS CHANGE

TITLE:

How to Stay Focused and Win in an Overwhelming World

AS A RESULT OF THIS PROGRAM, ATTENDEES WILL:

- Understand how the current environment is affecting team members and mental fitness
- Analyze how employees are responding to change in self-limiting ways (The FOMO vs. Reality Dynamic)
- Develop strategies to help team members manage their career development based on facts, not FOMO
- Formulate a plan to create a culture that inspires, motivates, and improves retention in the new workplace

ADDITIONAL TOPICS FOR RELEVANT AUDIENCES:

- How to cultivate resilience and mental fitness on your team
- Keynote, workshop, and fireside chat formats available

Following several years of remote and hybrid working, new demands at home, and endemic uncertainty, it feels as if employees have decided that change – any change – is preferable to the status quo. This leaves their employers to determine how to attract and retain talent even while their team members signal that they are feeling burnt out, frustrated, and anxious for something different.

Yet there is another critical consideration that is driving this rush for change at any cost – FOMO or the Fear of Missing Out. FOMO is the anxiety generated by a perception that something better is available – a job, a passion, or an adventure – than what you have at the moment. It is this desire for more and better – even if there is no evidence that this alternative actually exists – that can provide frustrated employees with the profound physiological impetus to throw caution to the wind and join the Great Resignation. But what happens next? More importantly, how can companies and managers help employees to think more strategically about building their careers.

In this solutions-oriented yet entertaining session, Patrick J. McGinnis will ground the Great Resignation and Quiet Quitting in clinical psychology, the future of work, and pop culture to explain why employees are so keen to quit – and how managers can guide them better consider their motivations and their actions going forward. He'll also explain how companies can partner with employees to work together to create a culture that is FOMO-proof so that employees feel empowered to explore their passions while remaining committed to their jobs.



THE POWER OF ENTREPRENEURIAL THINKING

TITLE:

How to Unleash Entrepreneurial Thinking Across the Enterprise

AS A RESULT OF THIS PROGRAM, ATTENDEES WILL:

- Identify the three advantages of entrepreneurial thinking versus traditional thinking
- Understand why they must take responsibility for their own education as an entrepreneurial thinker. (The 10% Entrepreneur)
- Learn how companies and teams can employ the 10% mindset to drive innovation, build an entrepreneurial culture, and retain talent in a hyper-competitive world
- Formulate an action plan to integrate entrepreneurial thinking into their work (The 5 types of 10% Entrepreneur)

ADDITIONAL TOPICS FOR RELEVANT AUDIENCES:

- How to Create a Culture of Intrapreneurship
- How to Build a Portfolio Career
- Keynote, workshop, and fireside chat formats available

Digital transformation, artificial intelligence, machine learning, big data, blockchain, Web3, NFTs, and whatever comes next. Innovation is everywhere and the pace of change is unrelenting. While the term intrapreneurship was first coined a quarter century ago, building a truly entrepreneurial culture at an established company remains challenging, regardless of their R&D budgets.

But it's not impossible. Any company can create a culture of entrepreneurship by encouraging its employees to explore their own entrepreneurial projects and then challenging them to apply what they learn back at their day jobs. In doing so, they leverage their employees to become leaner, faster, and more innovative, for the benefit of their business. Also, by encouraging their employees to spend time on projects that interest them in their free time companies unlock a unique and powerful retention tool.

Based on Patrick's international bestseller *The 10% Entrepreneur* as well as practices at companies ranging from Google to Goldman Sachs, Patrick will provide your teams with the inspiration and the practical frameworks required to actively integrate every employee in the firm in the process of building an entrepreneurial culture.



PRAISE FOR PATRICK'S KEYNOTES

PRAISE FOR PATRICK SPEECH

Patrick's connection with our audience was apparent from the outset. If you want a lesson about living decisively, there is no better messenger than him. As one of our attendees wrote afterwards, "His speech made me look at my life differently."

Annastasia Seebohm, CEO Brilliant Minds Foundation

PRAISE FOR PATRICK'S SPEAKING

"Googlers are a great crowd of enthusiastic, engaged, and curious people - but they let no one off easy as they're really bright and ask the tough questions! Patrick did an amazing job educating our NYC office on the ins and outs of 10% Entrepreneurship and we were really thankful to have him here."

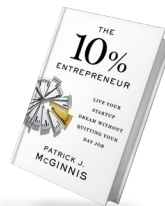
Stacey Sasaki, Google



**PRAISE FOR
"THE 10% ENTREPRENEUR"**

"Clear, concise, and forward-thinking, The 10% Entrepreneur dives deeper into the future of today's business world".

Tony Hsieh, CEO of Zappos.com, Inc., and New York Times bestselling author of Delivering Happiness



**PRAISE FOR
"FEAR OF MISSING OUT:
PRACTICAL DECISION-MAKING
IN A WORLD OF
OVERWHELMING CHOICE"**

"We live in an age of unprecedented choice. That makes the thousands of the decisions you face each day more complex than ever before. Using the frameworks of FOMO and FOBO, McGinnis gives you a set of user-friendly tools to make smarter, better choices."

Nir Eyal, bestselling author of Hooked and Indistractable



A LITTLE MORE ABOUT PATRICK

Patrick J. McGinnis is a venture capitalist, speaker, writer, and the creator and host of the hit podcast FOMO Sapiens, which has surpassed 4 million downloads.

Patrick coined the term FOMO (Fear of Missing Out), as well as the related term FOBO (Fear of a Better Option) in a 2004 article in the student newspaper of Harvard Business School. FOMO has since been added to the dictionary and FOBO has become an increasingly popular framework to describe choice paralysis. His 2019 TED Talk on FOBO and decision-making has surpassed 2 million views.

Patrick is the author of two international bestsellers, *The 10% Entrepreneur: Live Your Startup*

Dream Without Quitting Your Day Job, a guide to part-time entrepreneurship, and Fear of Missing Out: Practical Decision-Making in a World of Overwhelming Choice. His books have been translated into 15 languages.

He sits on the Steering Group of the Leadership Now Project and is a proud founding member of the Leadership Council at Sesame Workshop and is an avid fan of Grover, who is clearly the Muppet with the most FOMO.

A graduate of Georgetown University and Harvard Business School, Patrick has visited more than one hundred countries and is fluent in Spanish, Portuguese, and French. He lives in New York City.

SELECT SPEAKING CLIENTS INCLUDE



PATRICK J. MCGINNIS

PRESS COVERAGE

New York Times

[How to beat FOMO from the expert who coined it](#)

New York Magazine

[The Return of FOMO](#)

The Guardian

[Do you Take Hours to Make a simple decision? You may have FOMO](#)

INC.com

[Inventor of fomo is warning leaders about a new more dangerous threat](#)

Business Insider

[A Wall Streeter turned venture capitalist uses a strategy from his investing career to make the personal decisions that stress him out most](#)

VIDEO

Good Morning America

[How to take the fear out of FOMO](#)

TED

[How to make faster decisions](#)

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