



Entertainer, Mind Reader & Comedian

## Sean Bott

Sean Bott brings his messages and a special kind of magic and comedy to every event. He studied cognitive behavioural therapy, dialectical behavioural therapy and self-compassion, which sparked his interest in the world of clinical psychological counselling. His expertise lies in transforming pain points into positive outcomes through laughter, empathy and unexpected moments of mind reading. "Through my study of empathy, psychology, mentalism, and comedy, I provide positive skills and awareness for others to create connection and belonging. I draw on best practices in cognitive behavioral therapy, self-compassion research and social psychology to create an applicable, cohesive tool-set that is...

### Topics

- Body Language
- Burnout / Resilience / Mental Health
- Change Management
- Crisis Management
- Humour
- Leadership 4.0
- Motivation / Strategy
- Rhetoric / Communication

### Languages

- English

### Details & contact information

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