

WasteMINZ Conference 2025

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ko
angitu

fortune
favours
the
bold

9–12
JUNE
2025

TE PAE CHRISTCHURCH CONVENTION CENTRE



Lisa O'Neill

Being **BOLD**



Being BOLD

The title 'Being BOLD' is rendered in a playful, hand-drawn style. The word 'Being' is in a black, rounded sans-serif font. The word 'BOLD' is in a larger, bold, black, rounded sans-serif font. Each letter of 'BOLD' contains a small, white, cartoonish character with orange hair and pink cheeks. The character is peeking out from behind the letter 'B', is inside the letter 'O', is sitting on the letter 'L', and is peeking out from behind the letter 'D'. The character has a simple, friendly expression with a small smile.

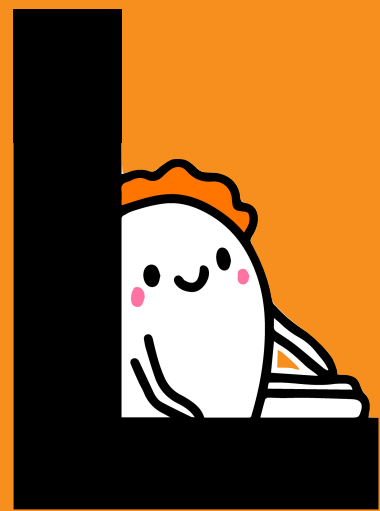
Lisa O'Neill



Believe in Yourself



Own Your Energy



Live On Purpose

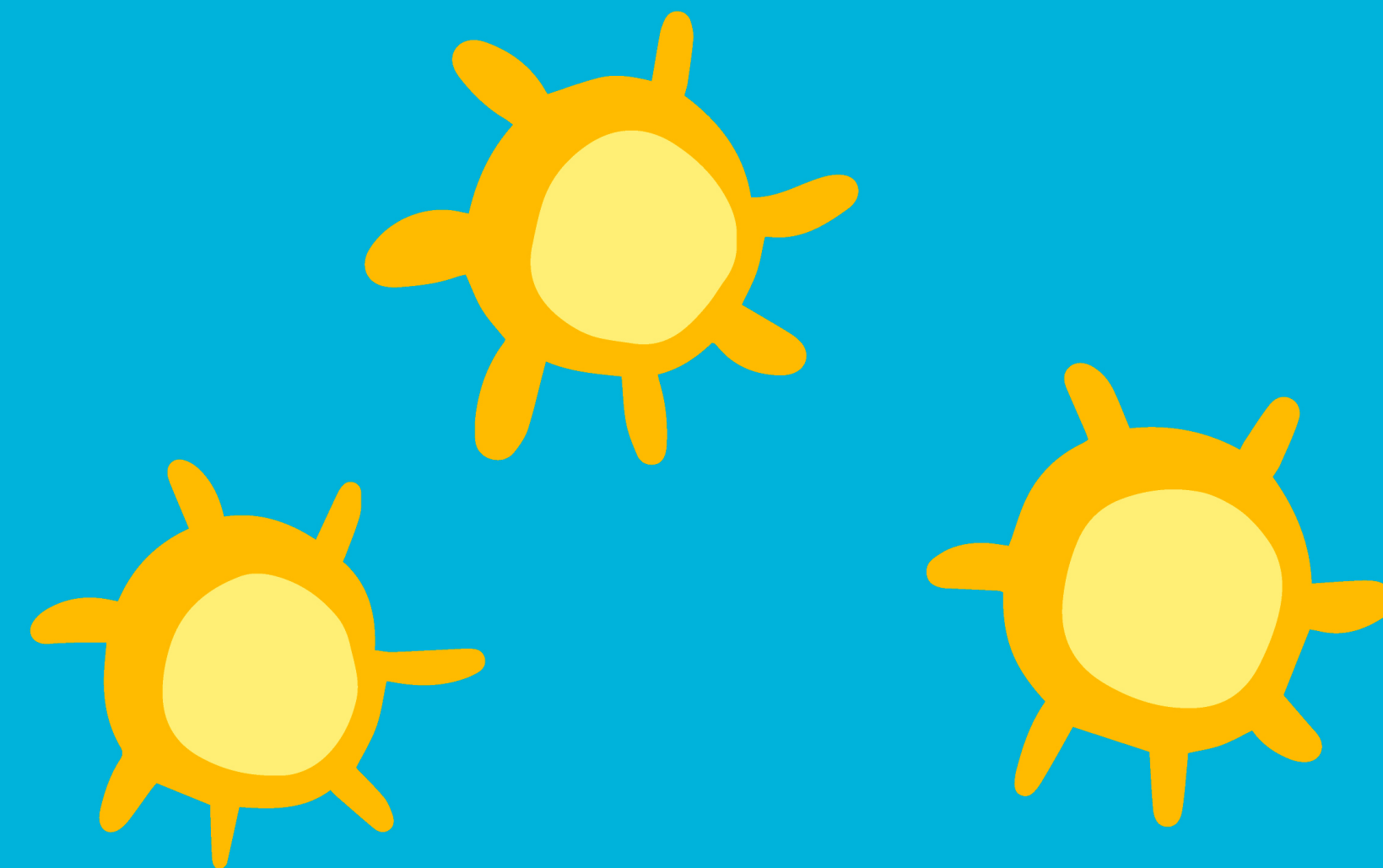


Decide What You Want

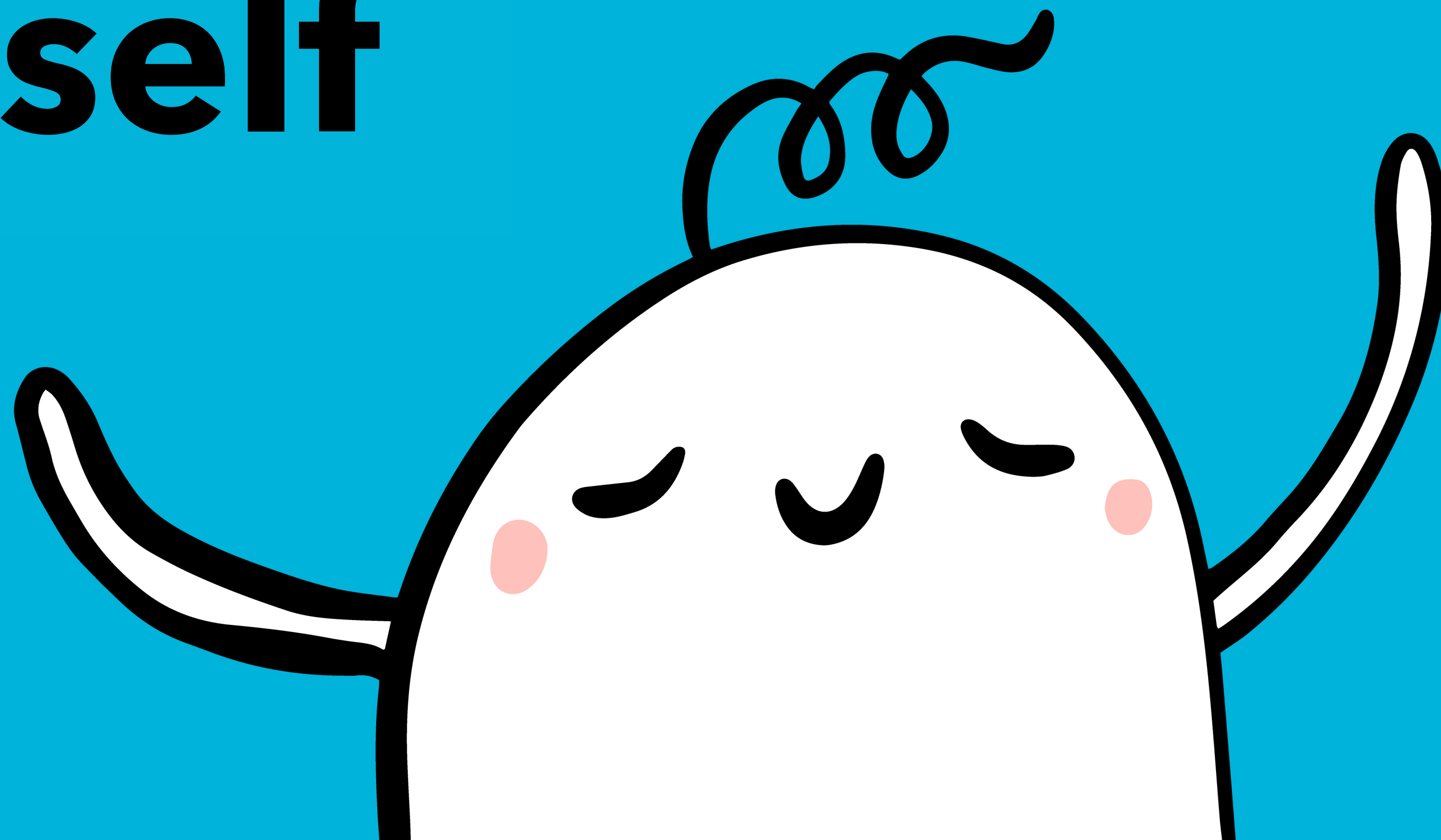




Believe in yourself

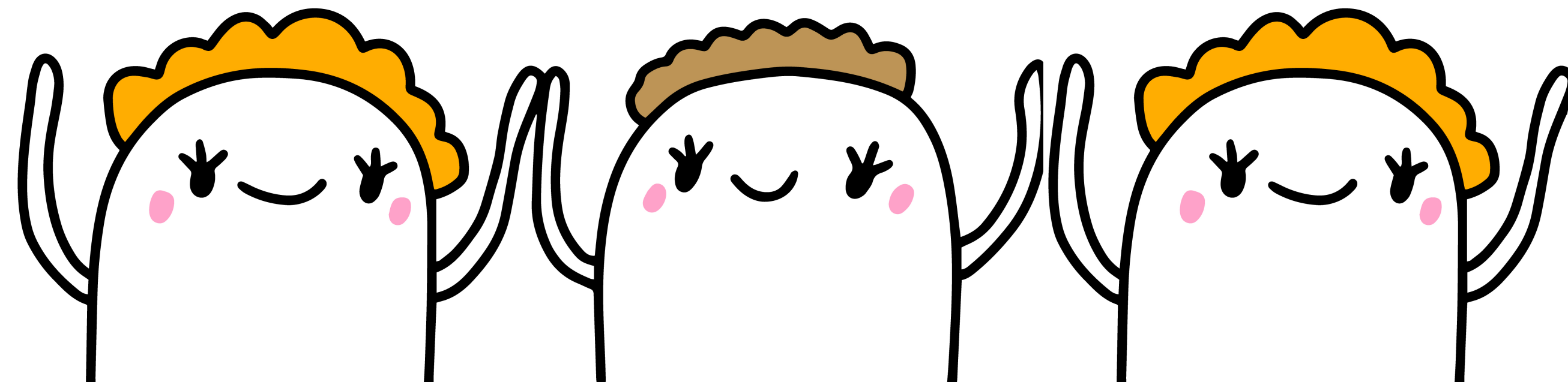


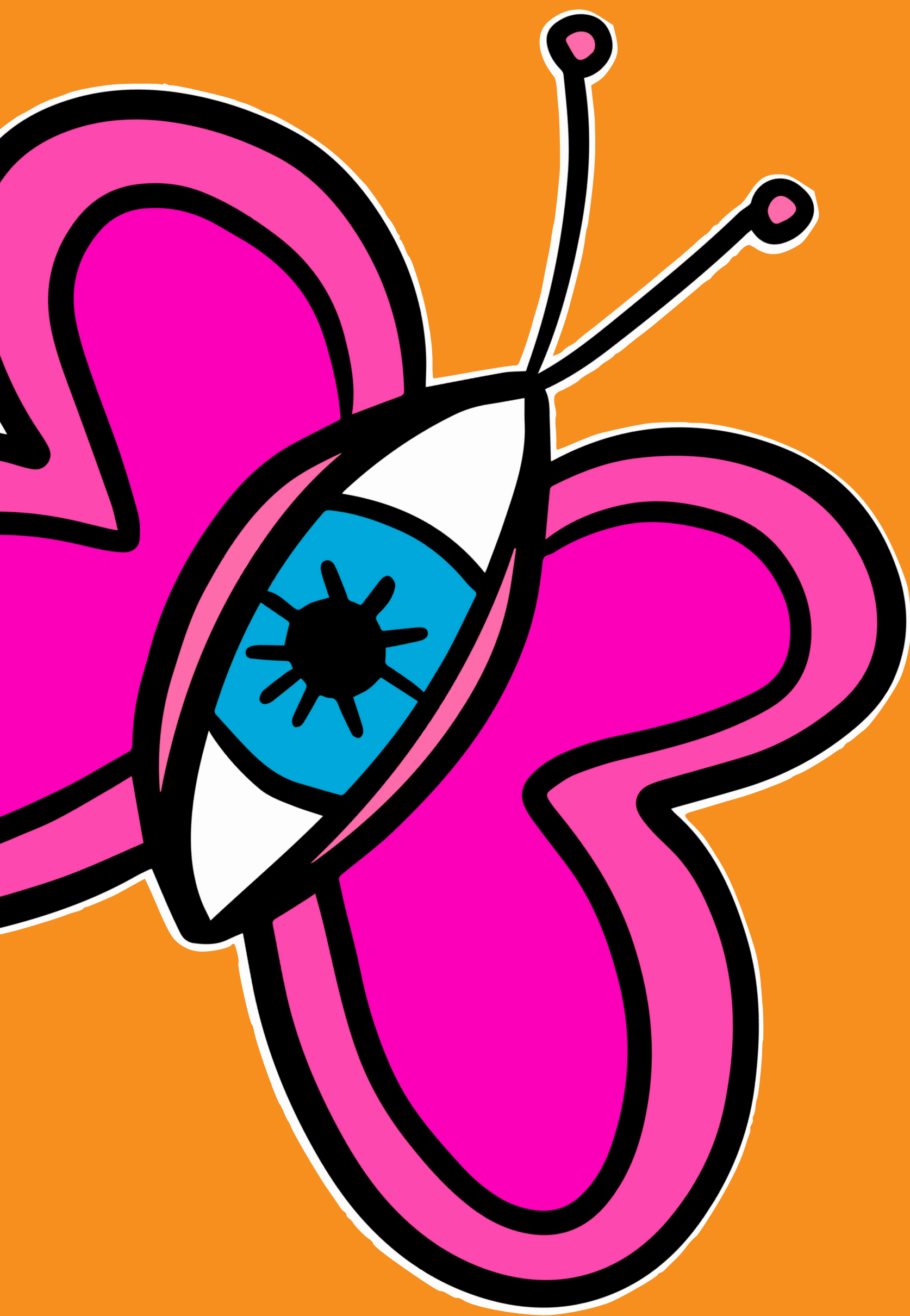
Lisa O'Neill



courage
confidence
creativity

Lisa O'Neill





**"Ideas are alive,
ideas seek the most
available human
collaborator"**

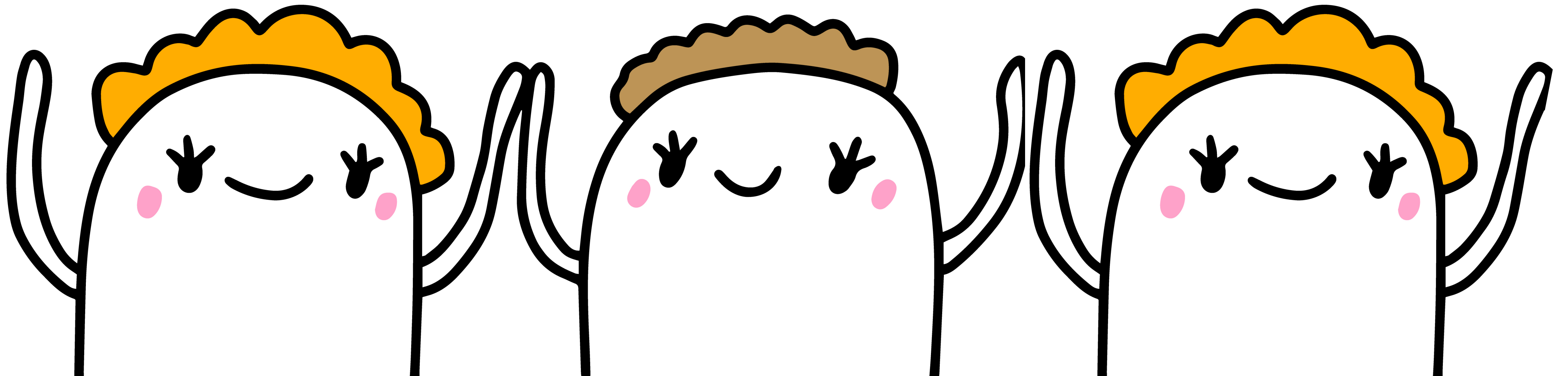
Liz Gilbert

"The Selfs"

Doubt

Worth

Belief

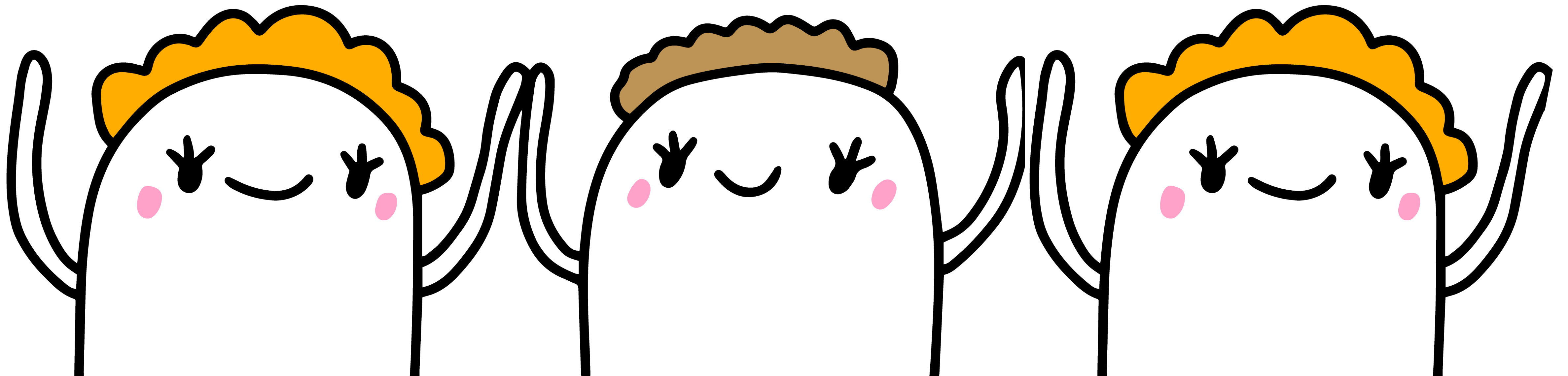


"The Selfs"

Aware

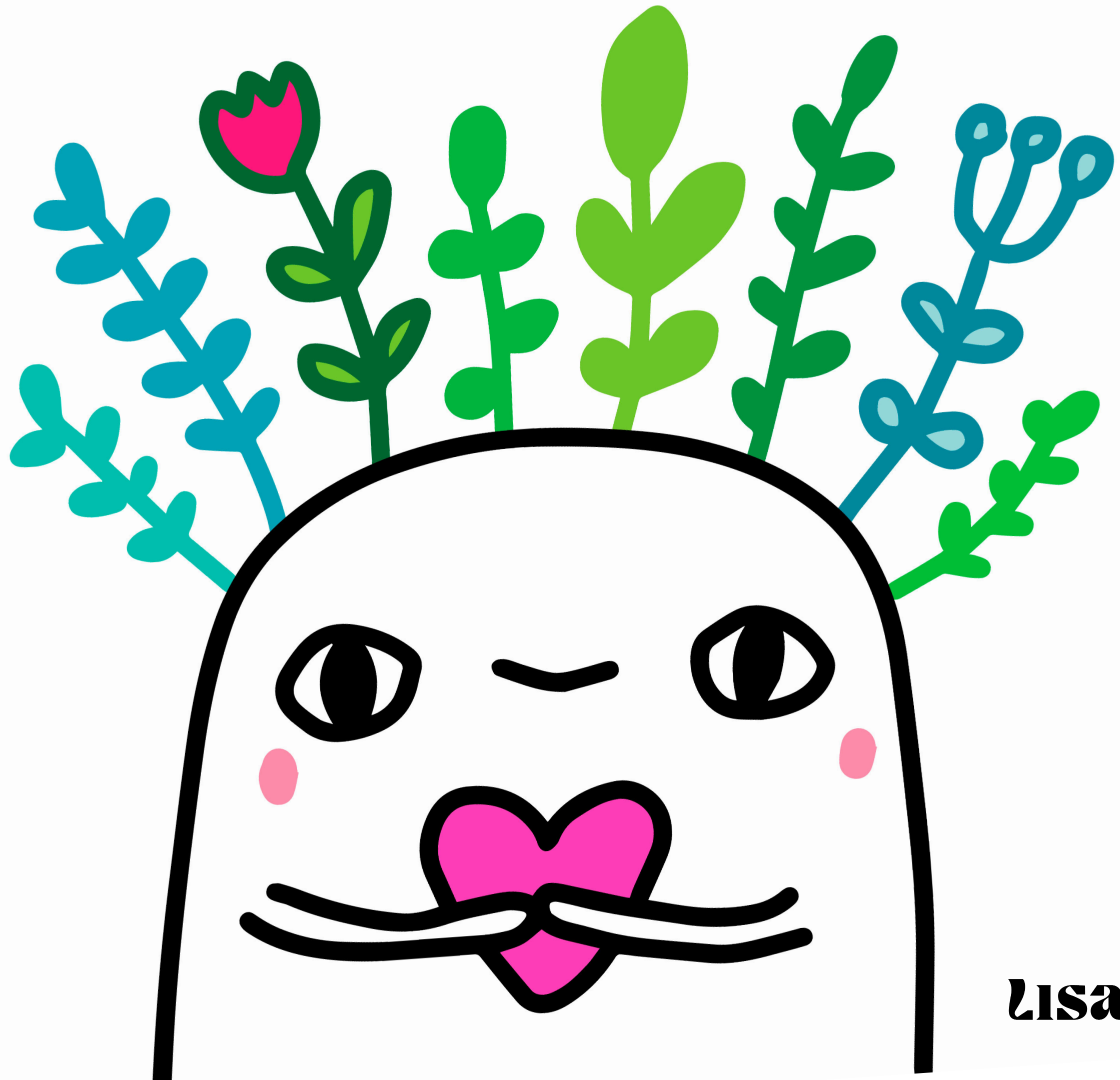
Care

Respect



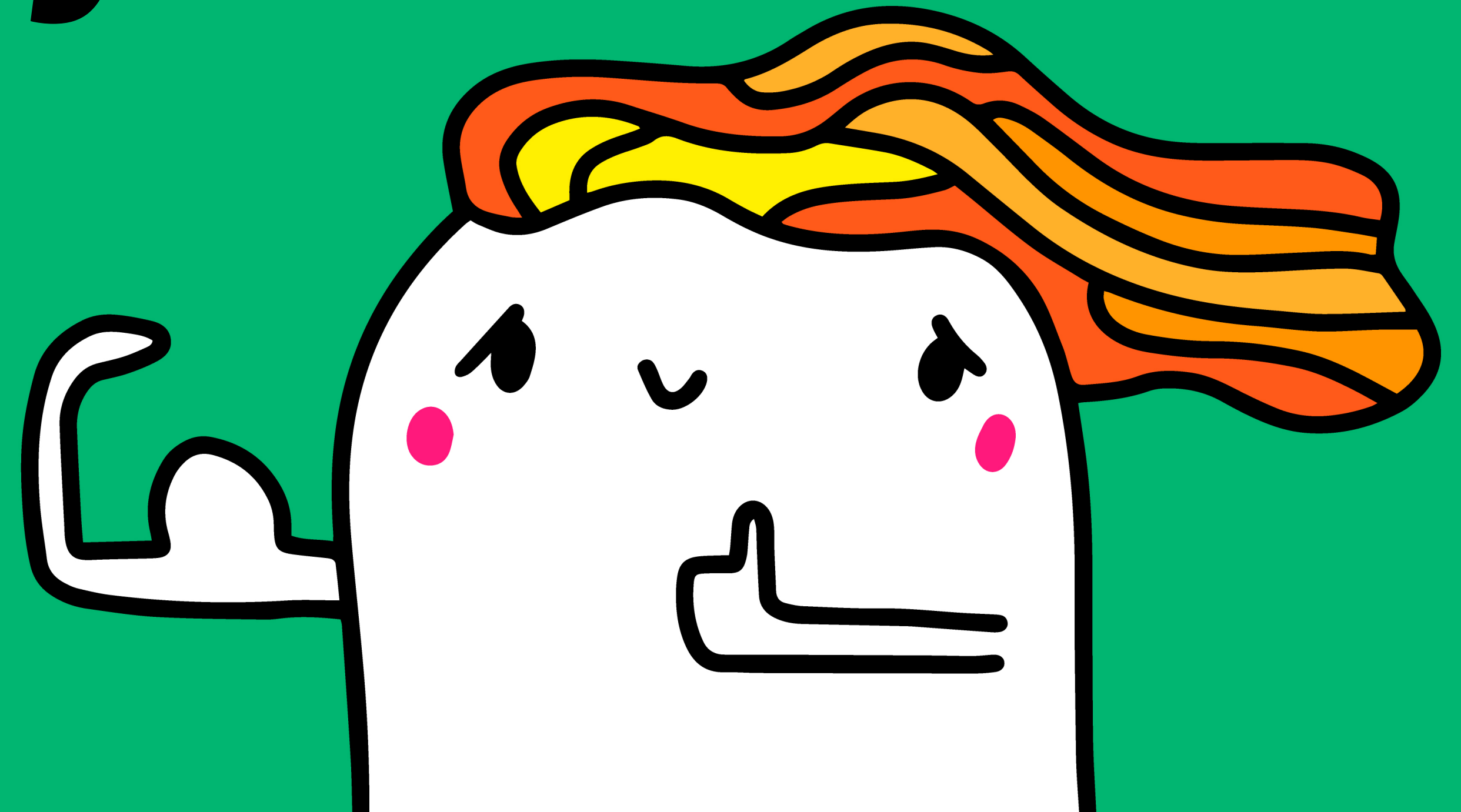
MENTAL ENERGY

**Curious
Capable
In Control**

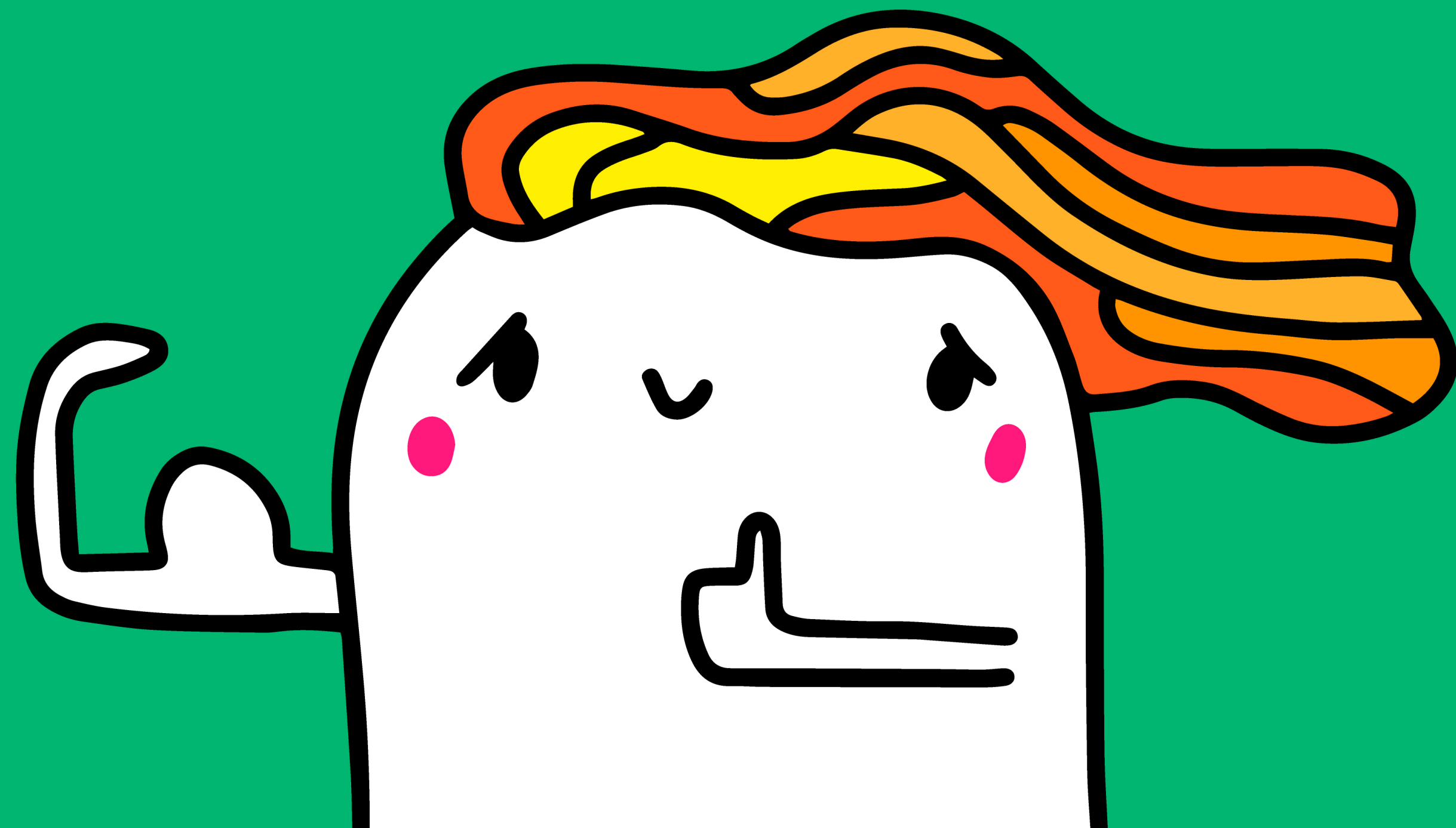
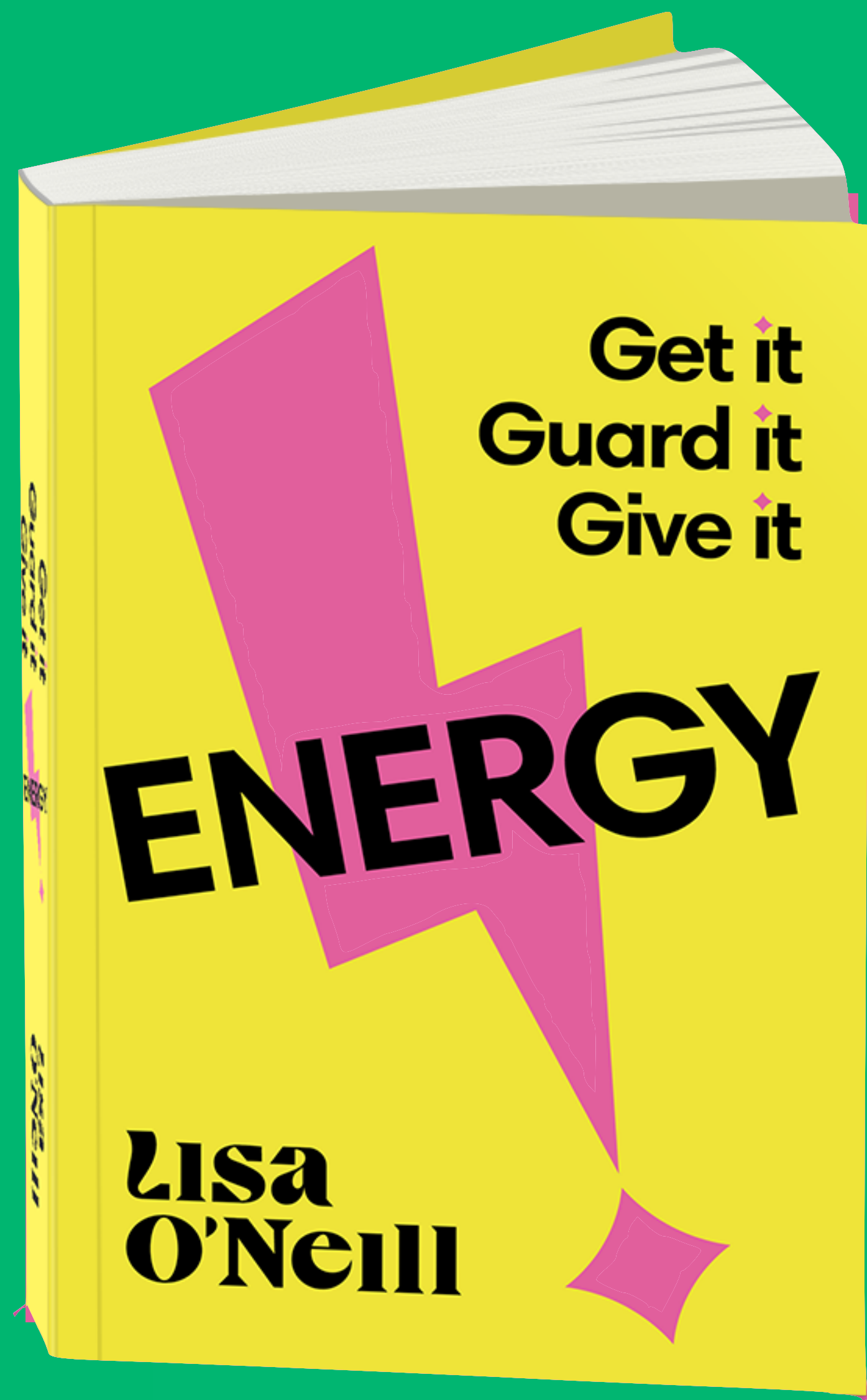


Lisa O'Neill

wning your energy



Lisa O'Neill

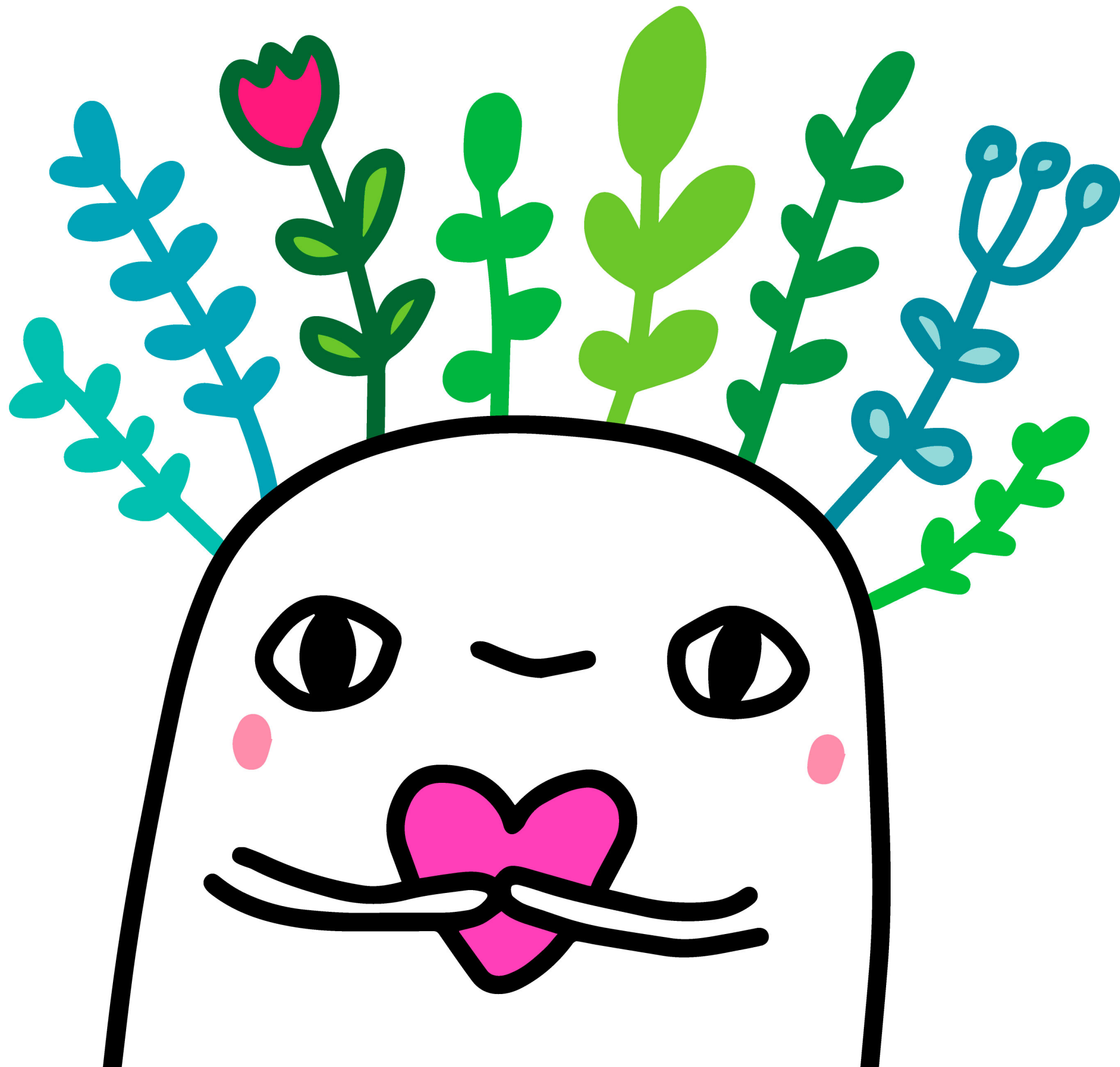


physical

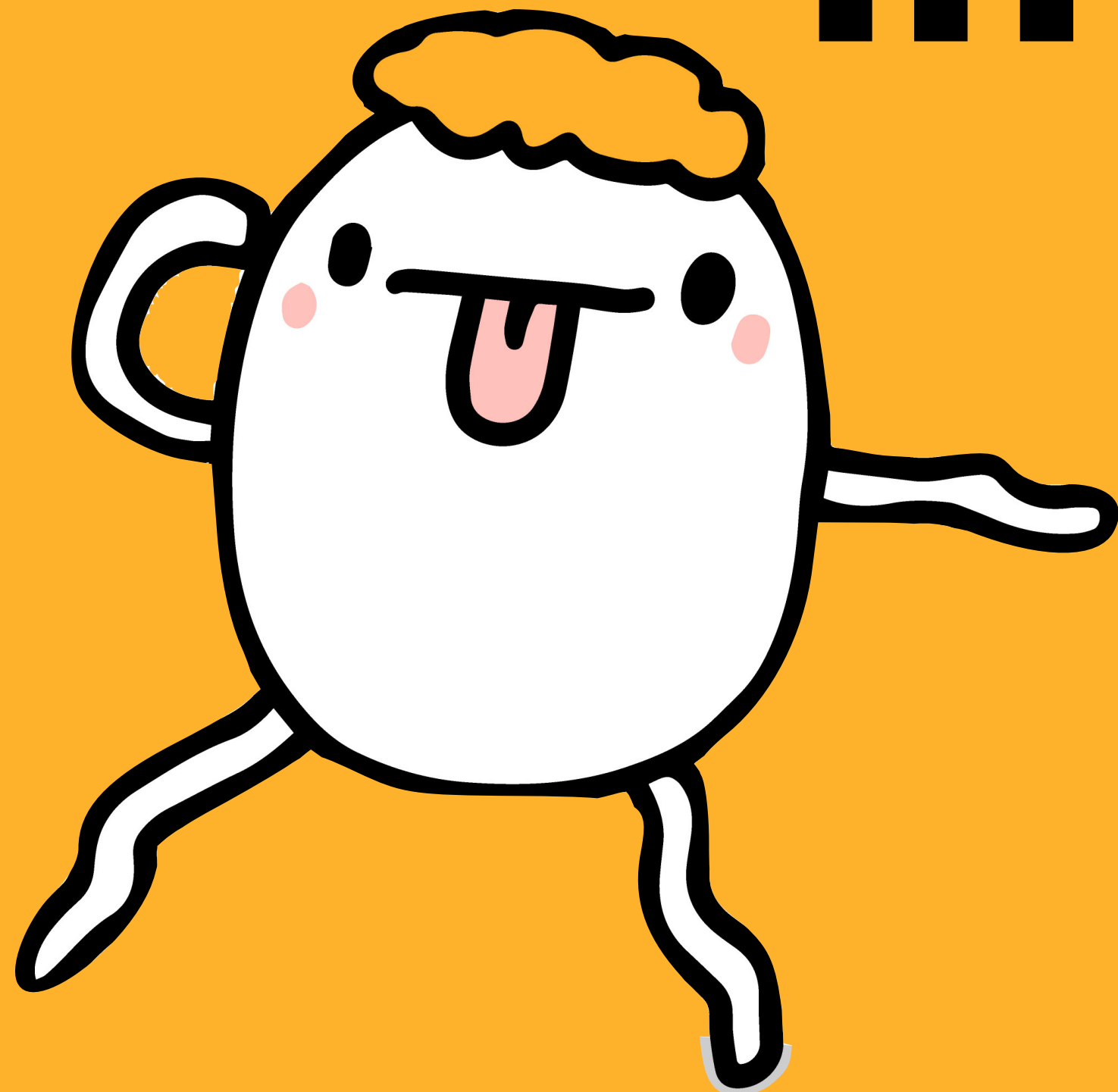
mental

emotional

spiritual



**"your energy
introduces you
before
you do!"**



Lisa O'Neill

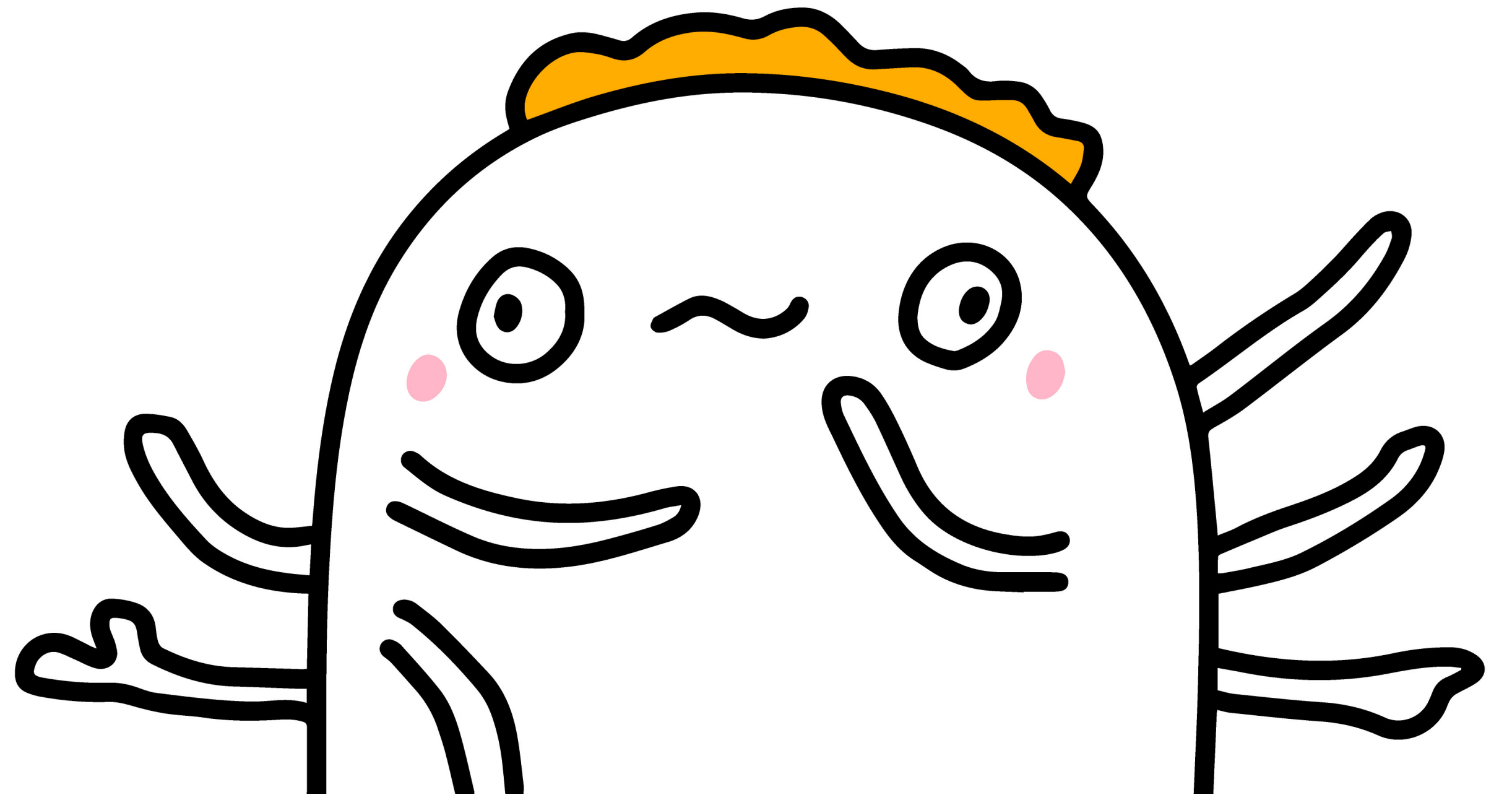
Energy Crisis!



Lisa O'Neill

Stop taking responsibility for everyone else...

Lisa O'Neill

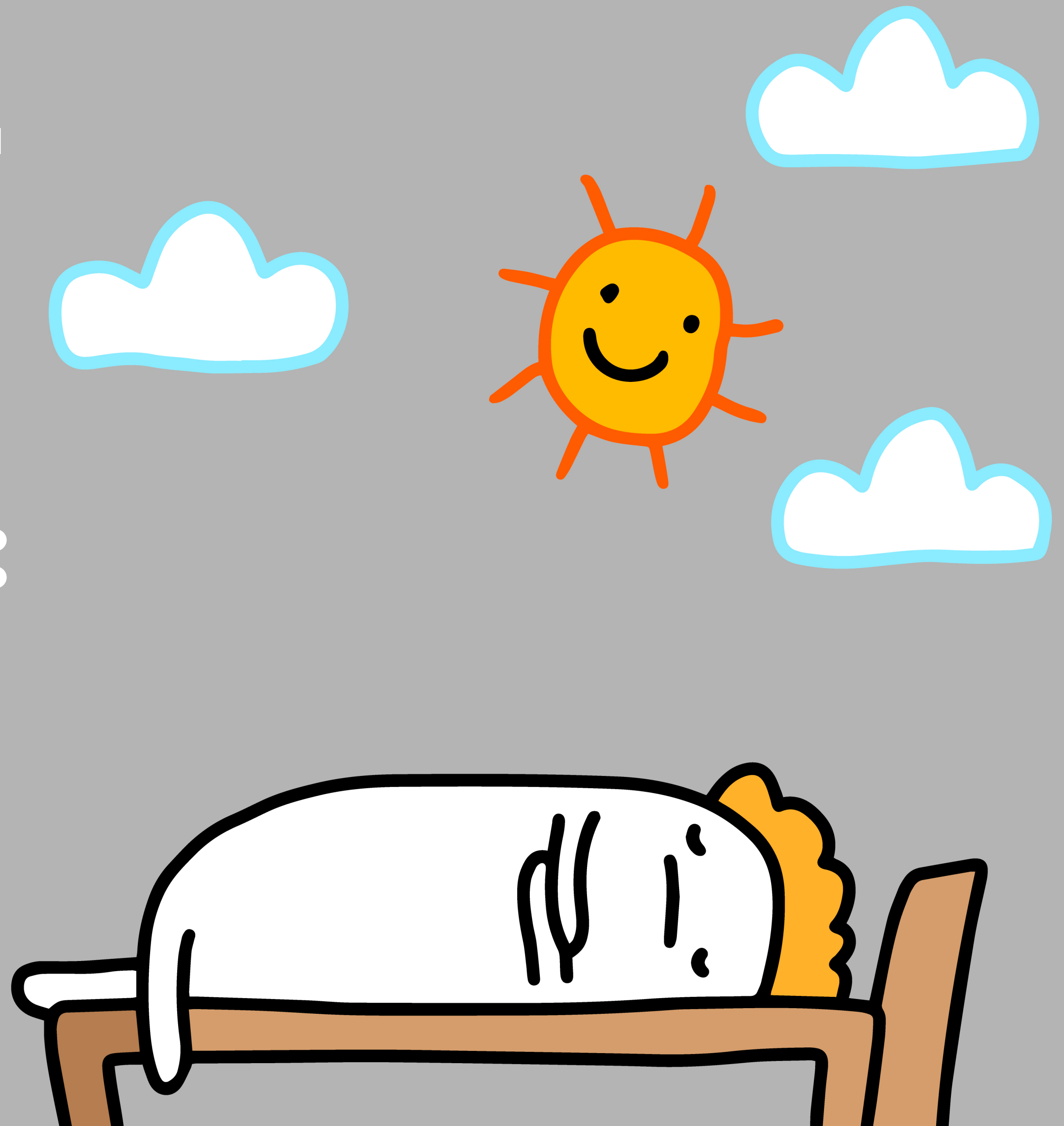


PHYSICAL ENERGY

Cause & Effect:

Sleep Eat

Move



EMOTIONAL ENERGY

How you feel!

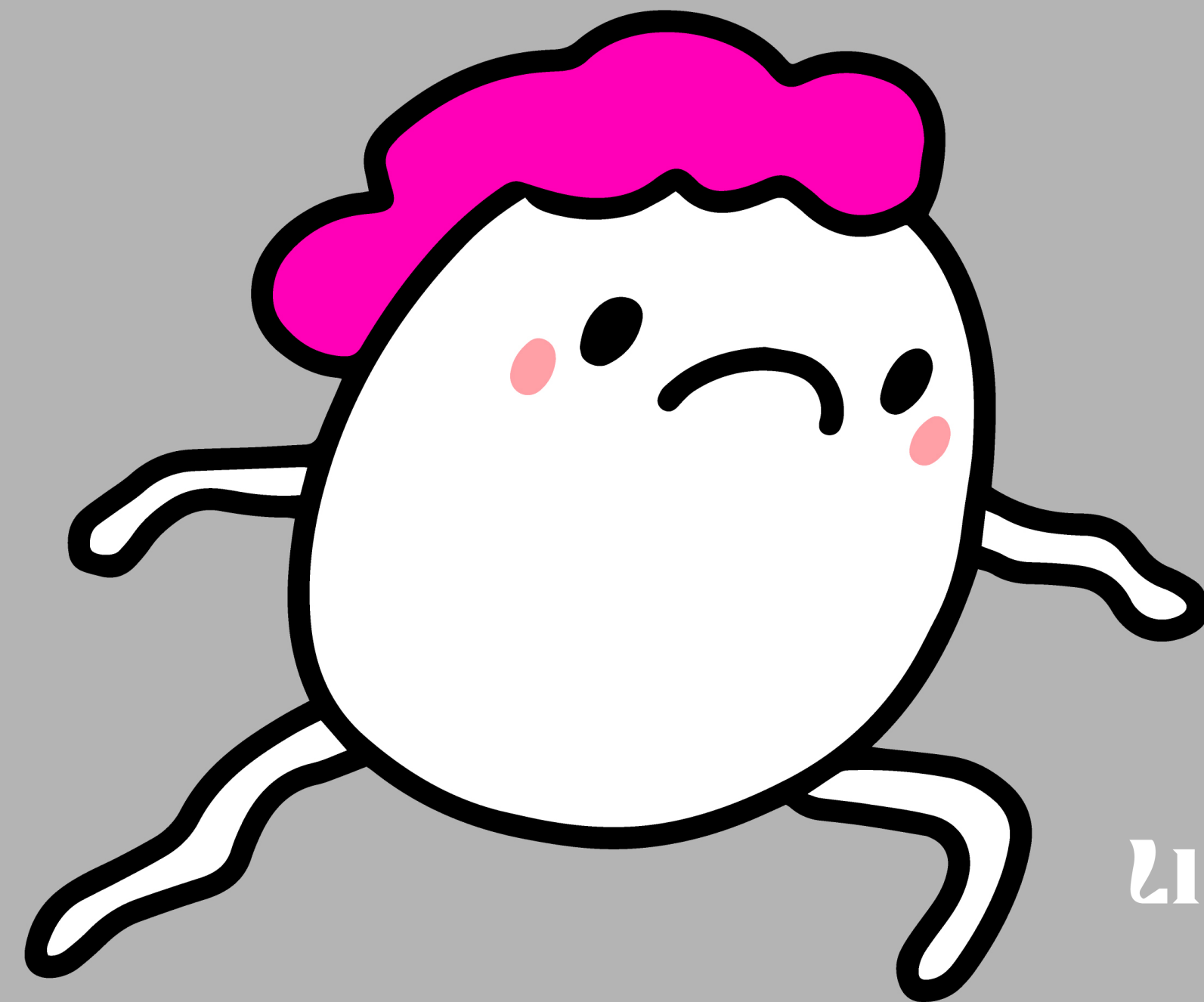
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TIRED OF CARING?

TIRED OF BEING IN CHARGE?

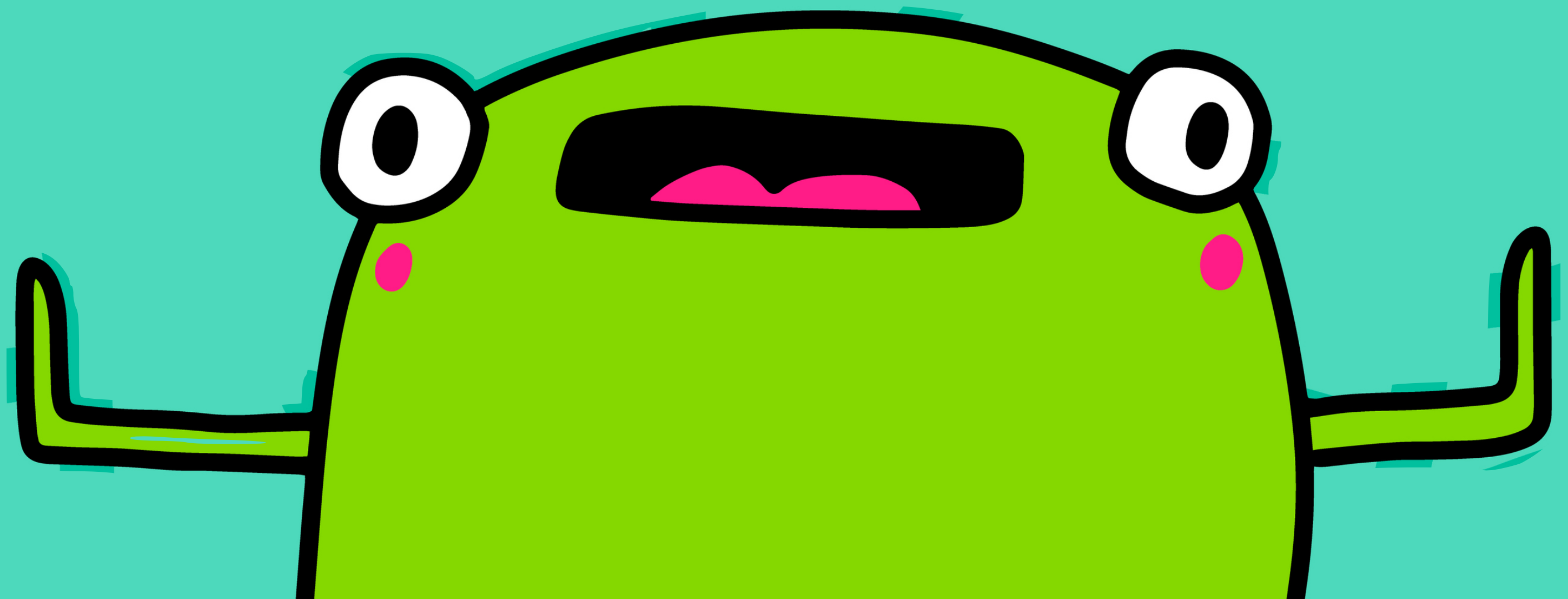
TIRED OF BEING STRONG?

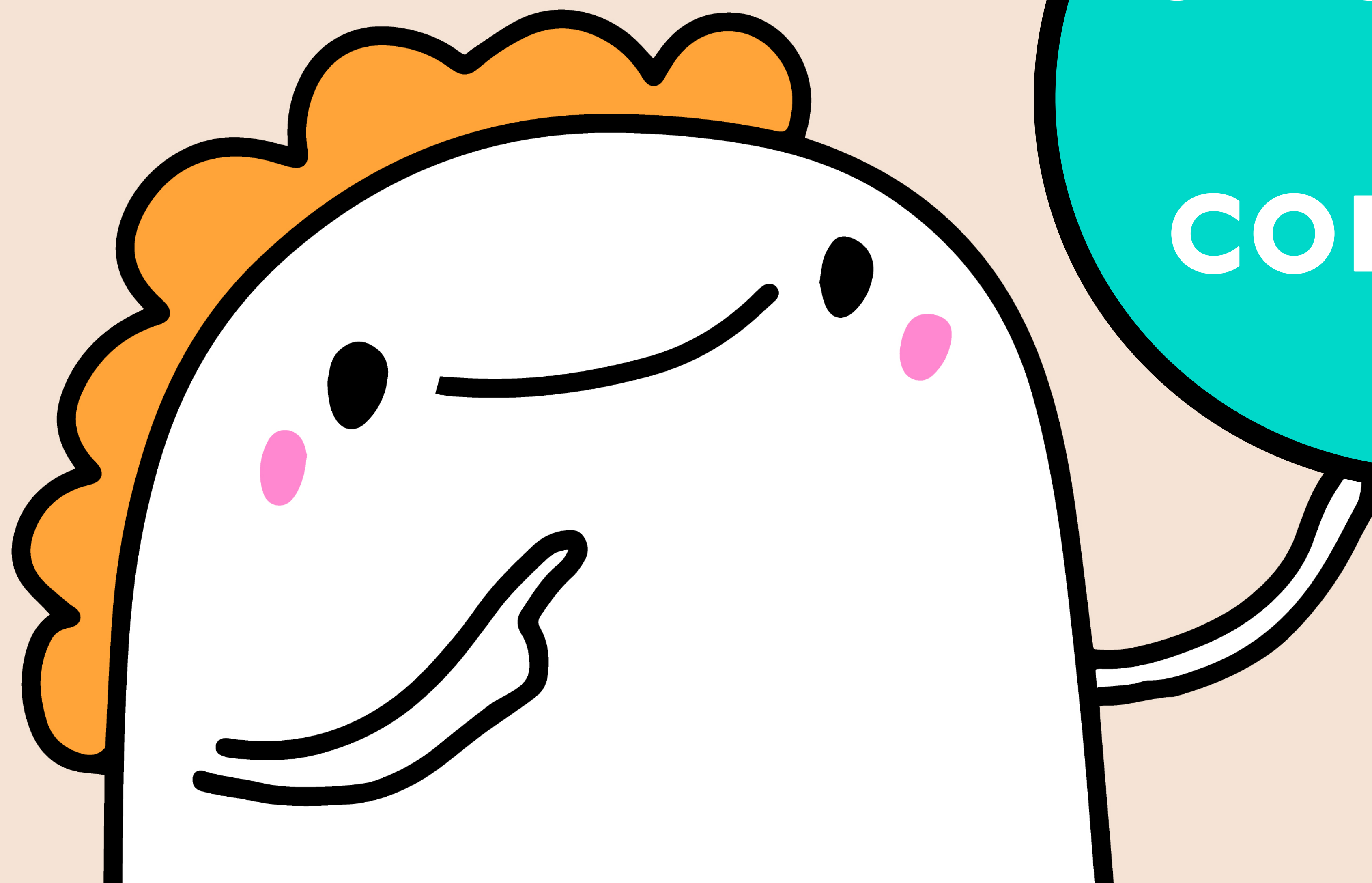


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Fear
Resentment
Obligation
Guilt

Lisa O'Neill





circle
of
control

Lisa O'Neill

**what other
people think**

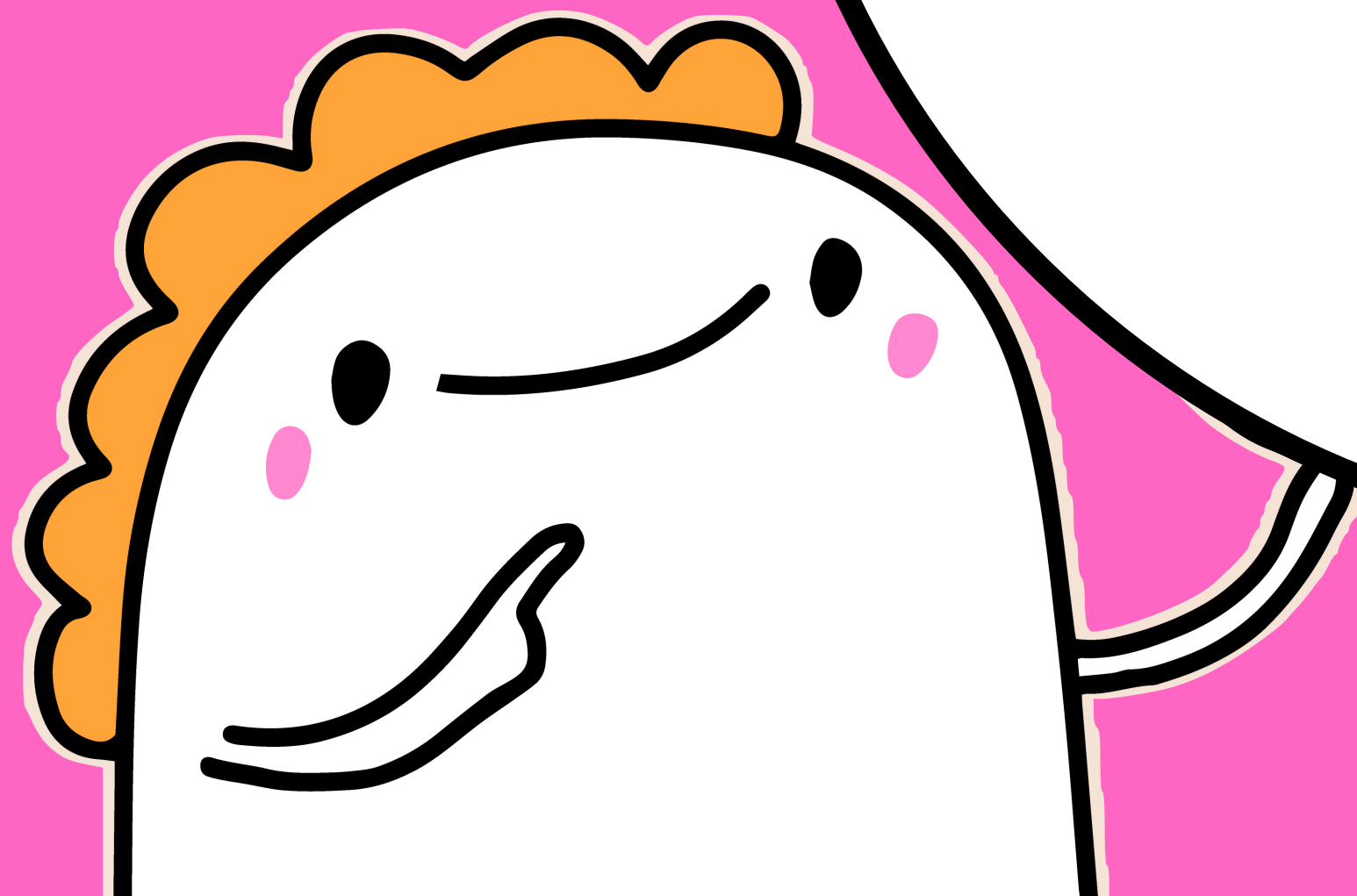
**the
weather!**

**others
peoples
actions**

**Your time
Your habits
Your reactions**

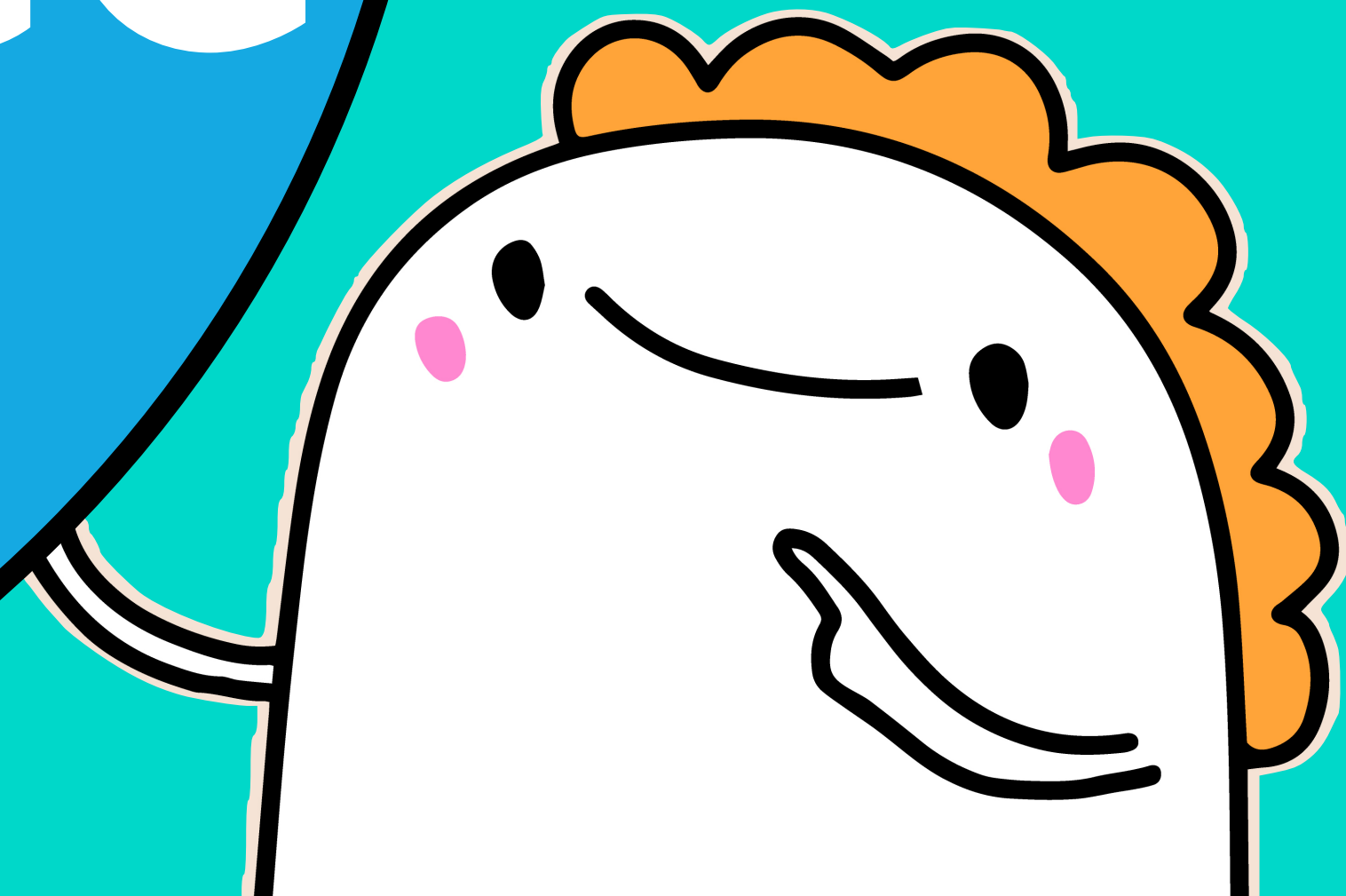
**other
peoples
feelings**

**past
mistakes**

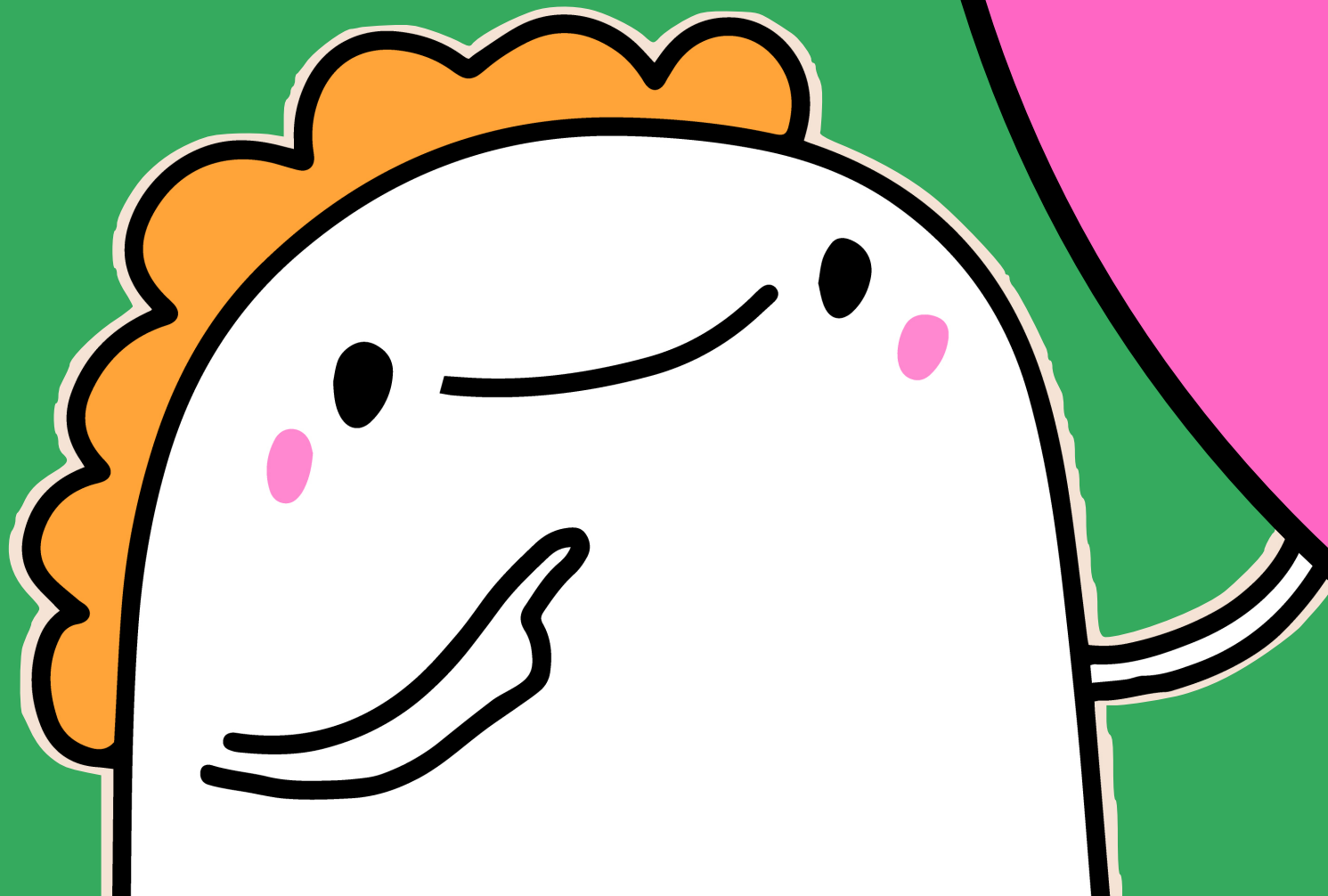


circle of influence

Lisa O'Neill

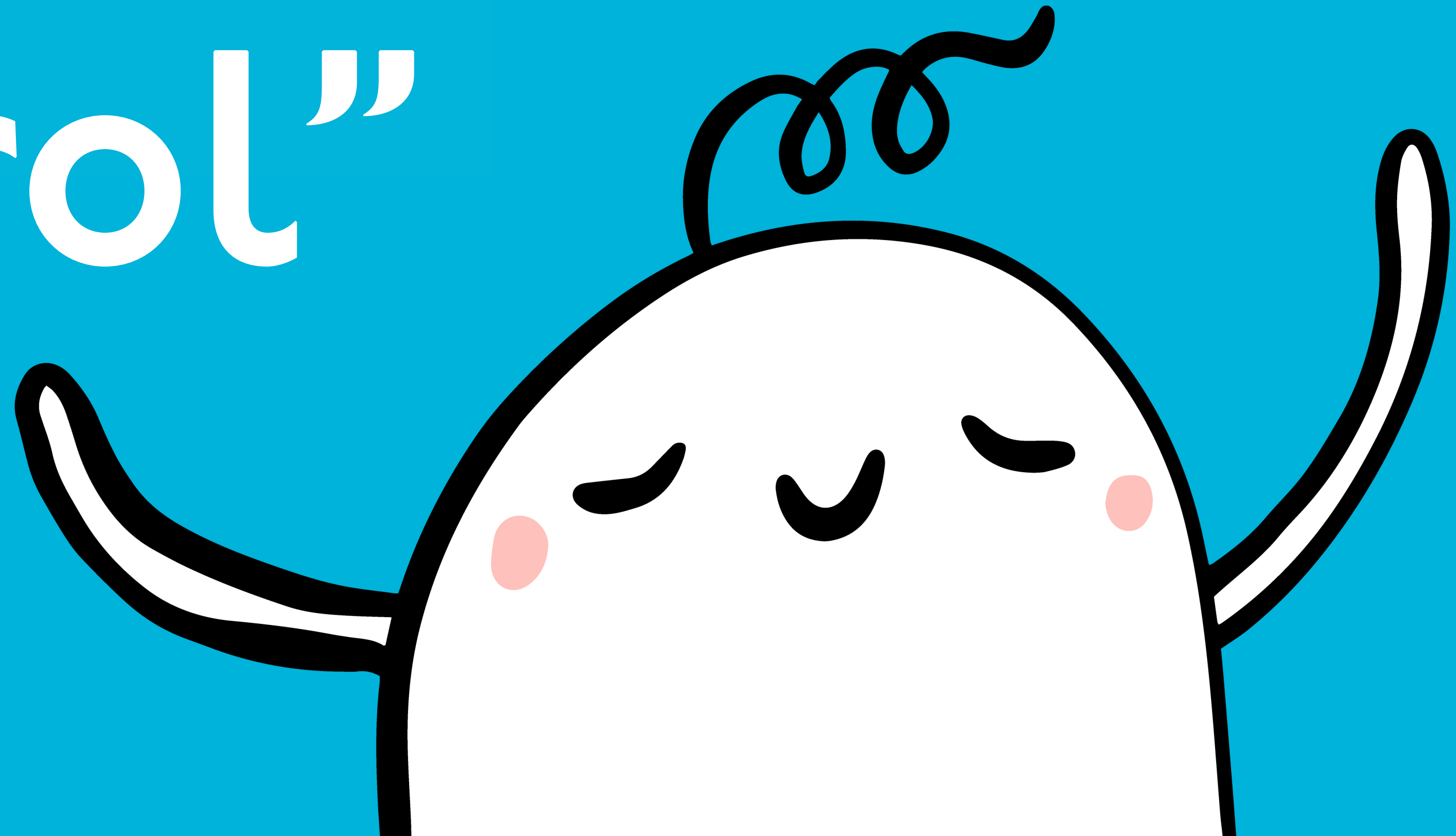
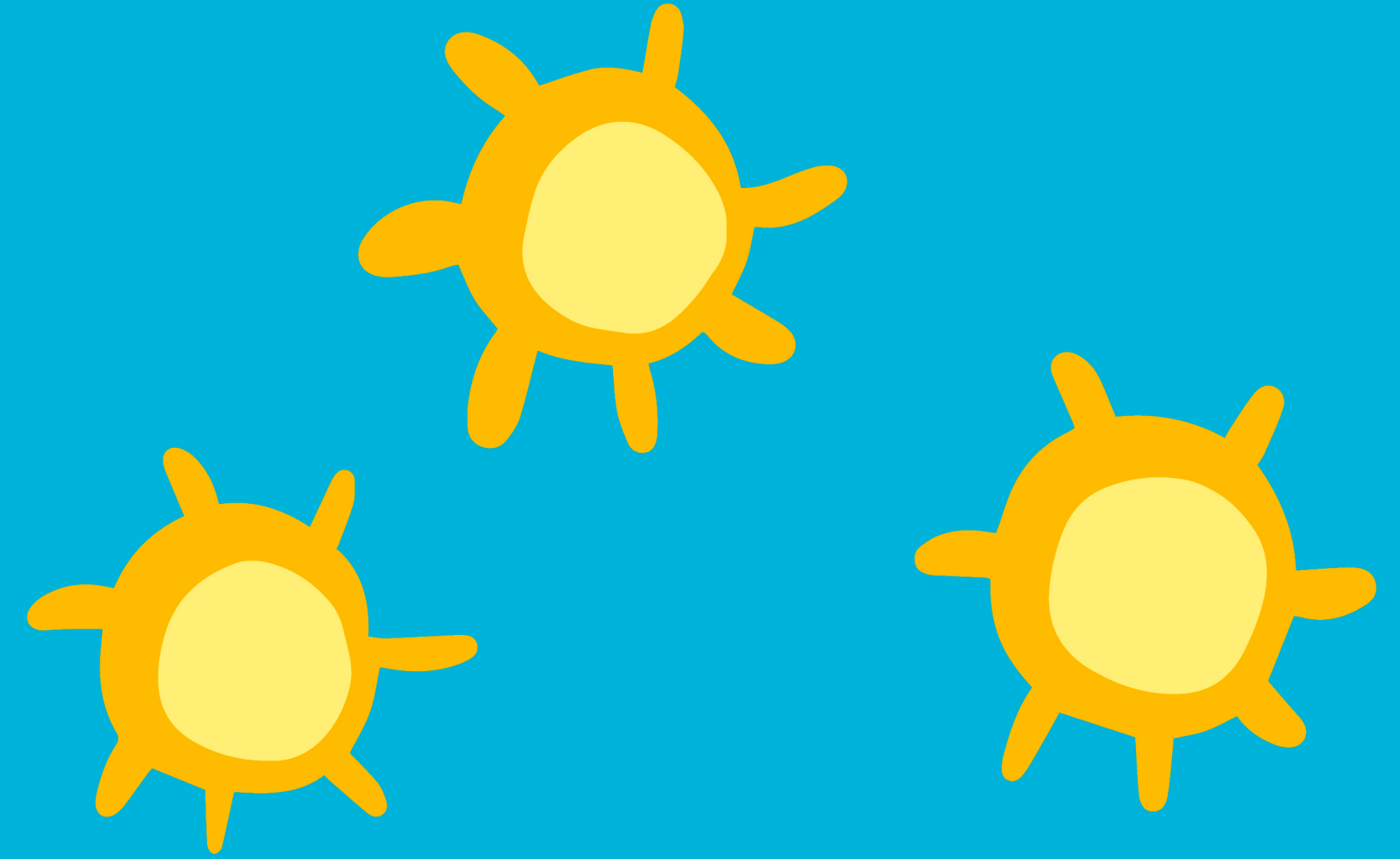


circle of concern



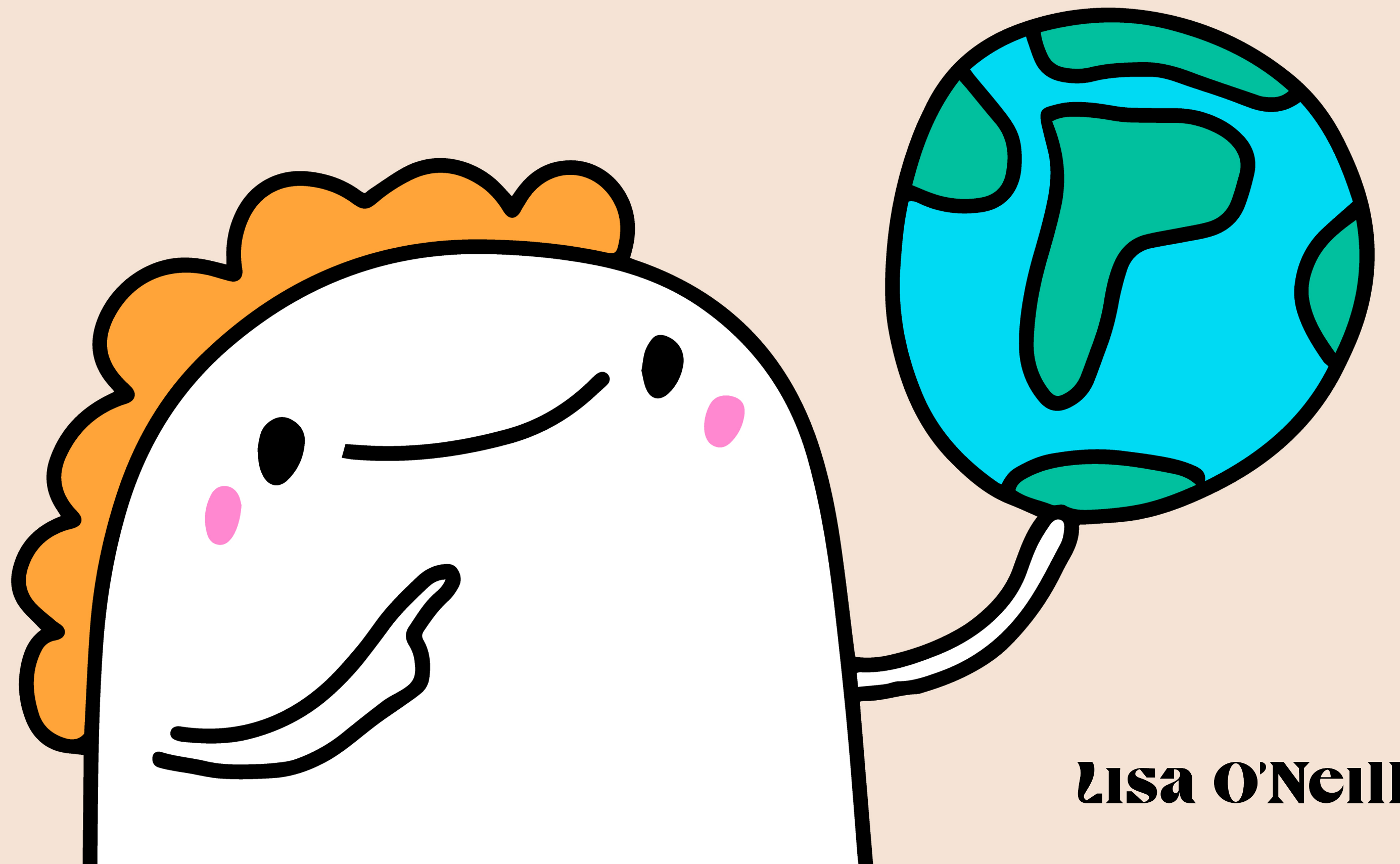
Lisa O'Neill

“accept
what you can
and can’t
control”



Lisa O'Neill

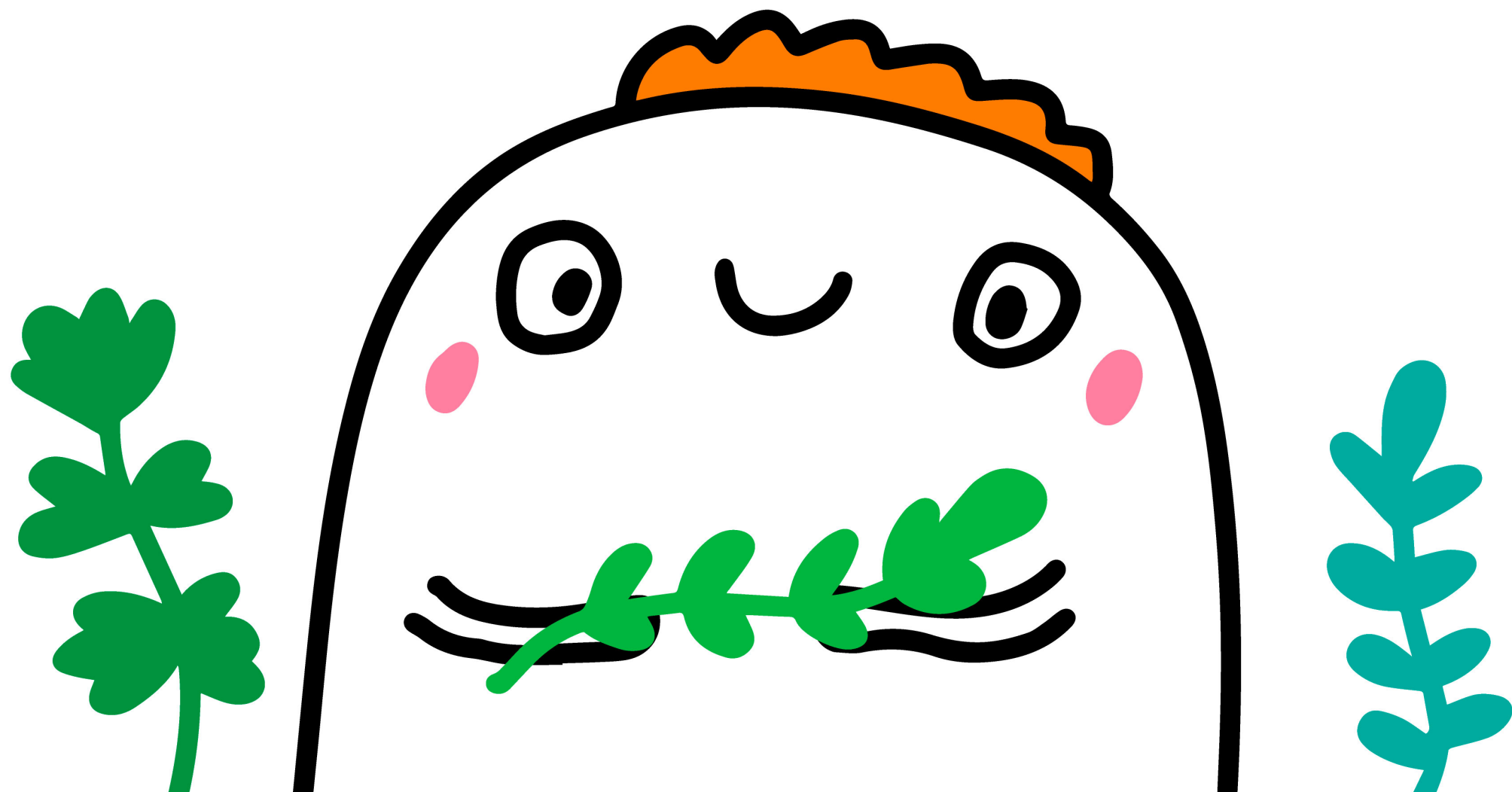
ive on purpose



Lisa O'Neill

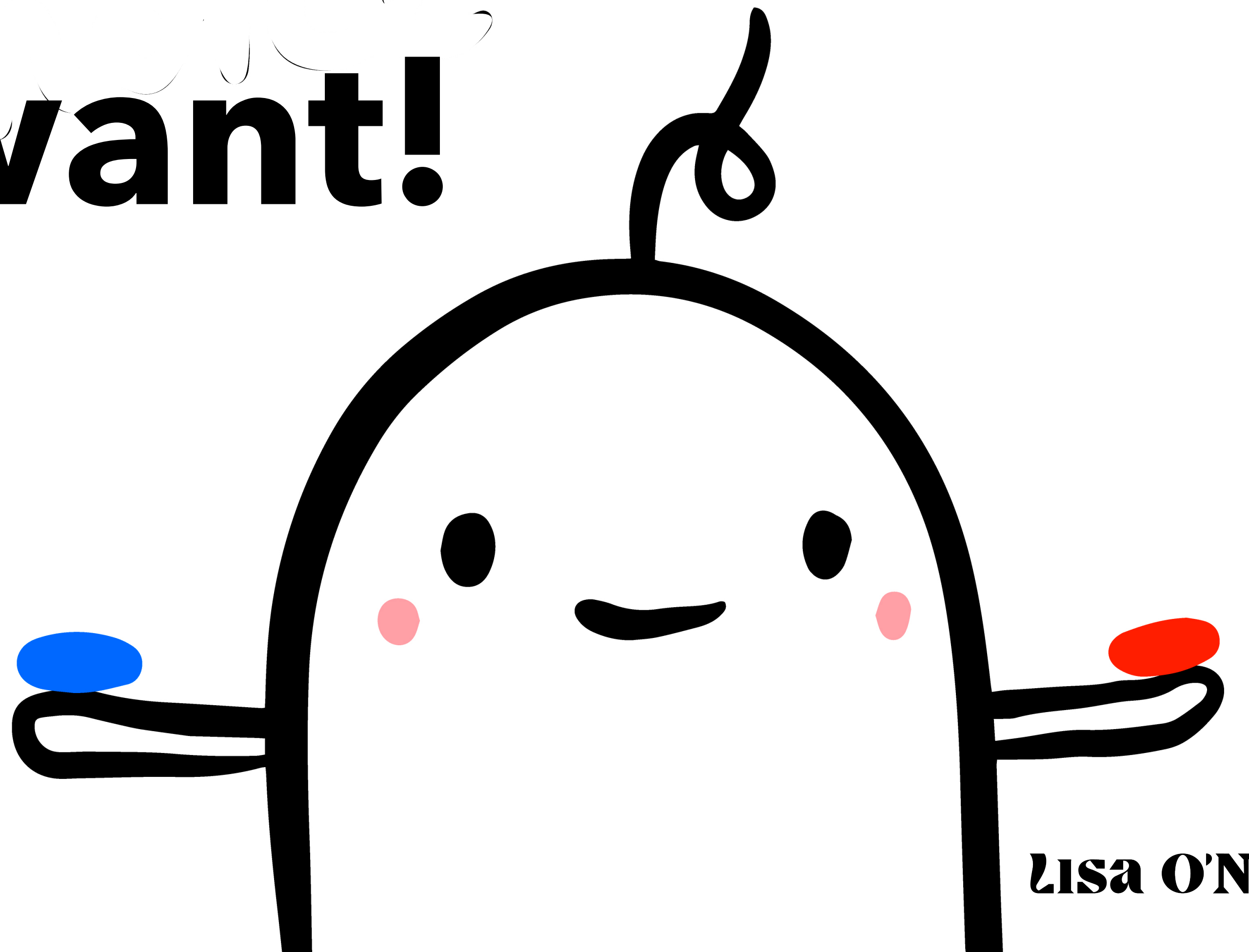
**Treat your life with the
respect it deserves!**

**Make conscious choices
about where your precious
time and energy go...**



Lisa O'Neill

Decide what
you want!



Lisa O'Neill



Lisa O'Neill

GETTING ENERGY

- Physical Energy:

Sleep well, eat right, and move your body

- Emotional Energy:

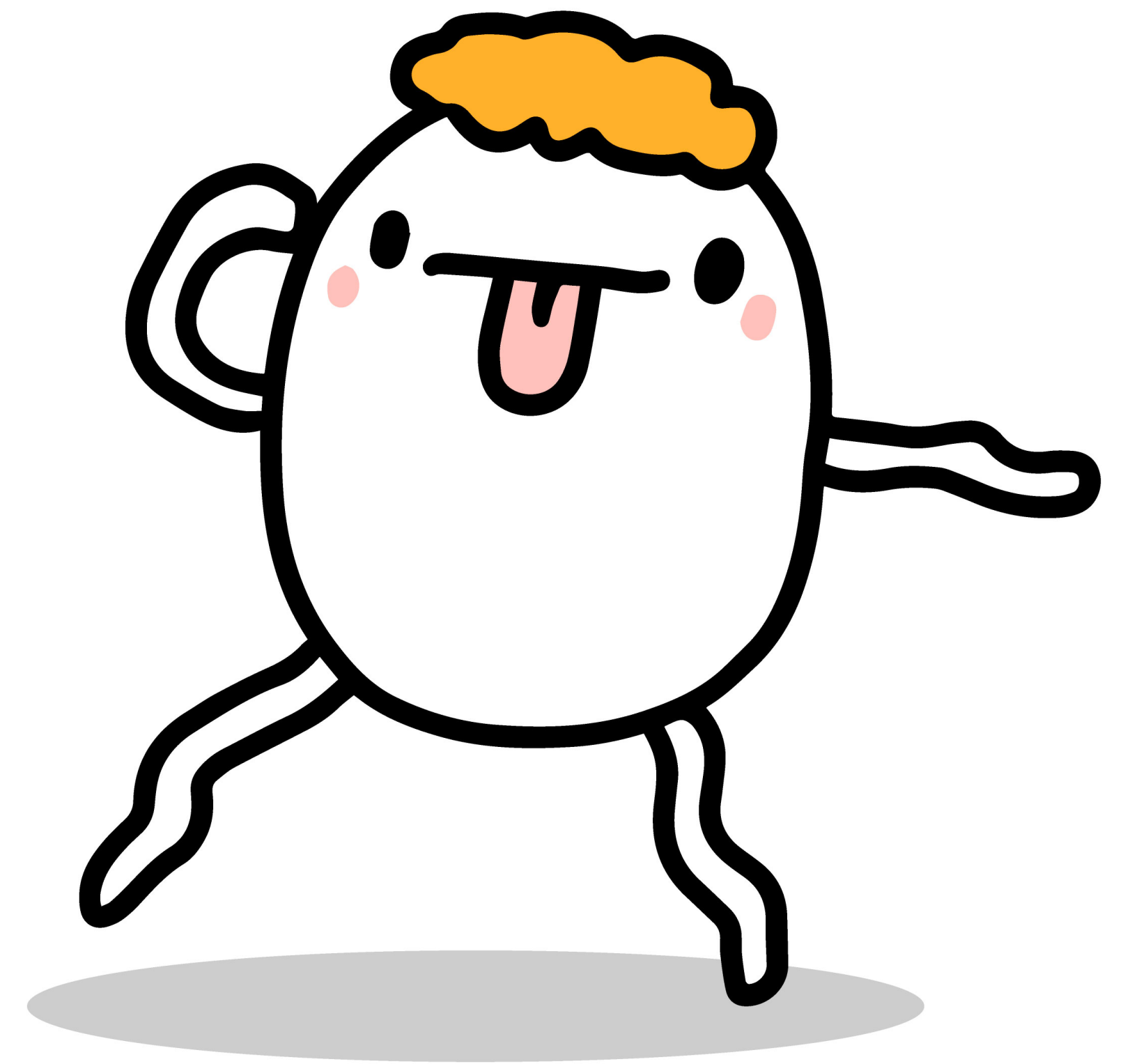
Fill up with fun and seek inspiration

- Mental Energy:

Be intentional about your thoughts

- Spiritual Energy:

Connect to something bigger than yourself



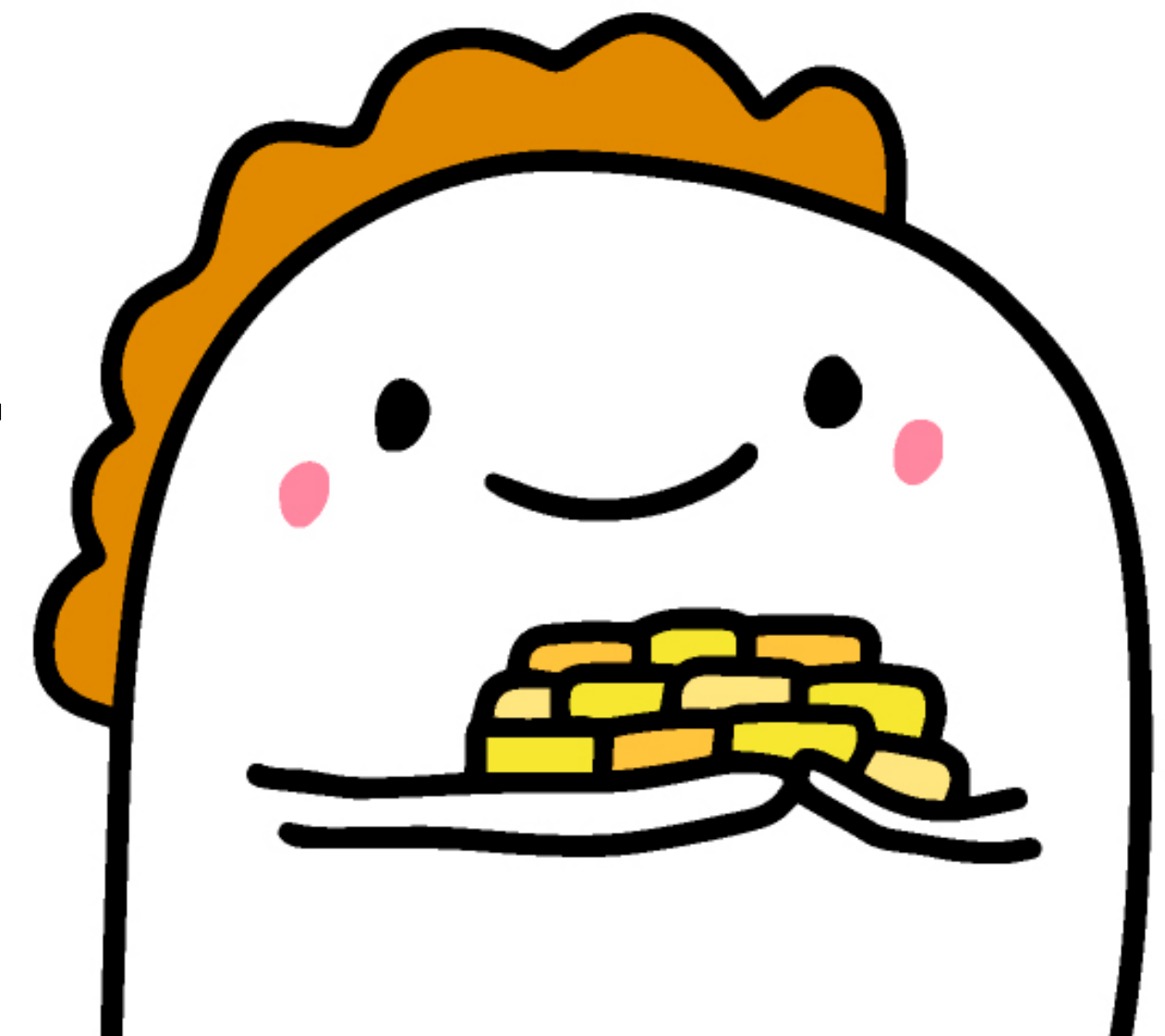
GUARDING ENERGY

•Physical Energy: Create good habits.

•Emotional Energy: Set clear boundaries

•Mental Energy: Be gentle with yourself

•Spiritual Energy: Create space for your soul



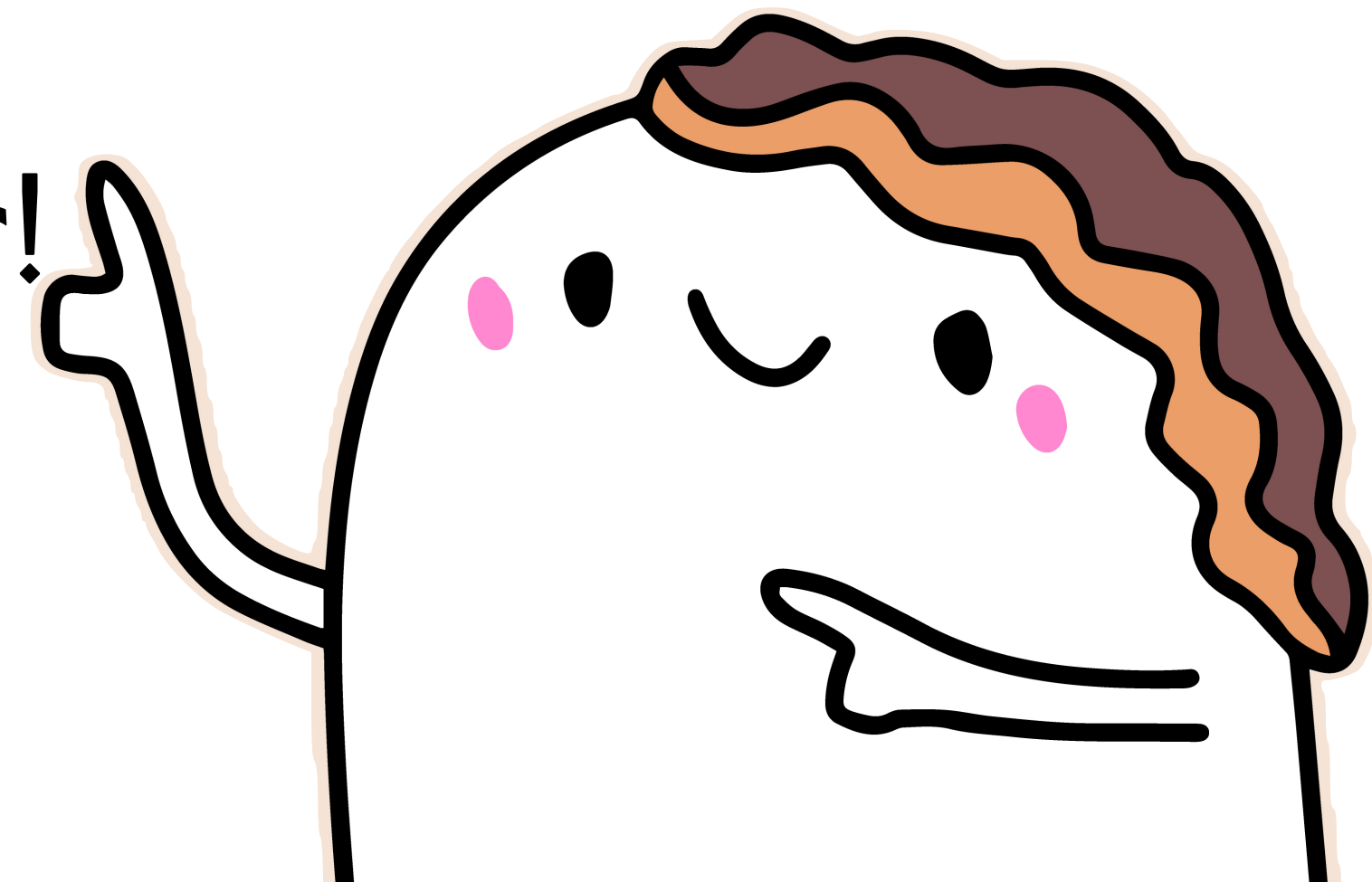
GIVING ENERGY

•Physical Energy: Turn Up Turned On!

•Emotional Energy: Be Enthusiastic!

•Mental Energy: Be Considerate!

•Spiritual Energy: Choose Love Over Fear!

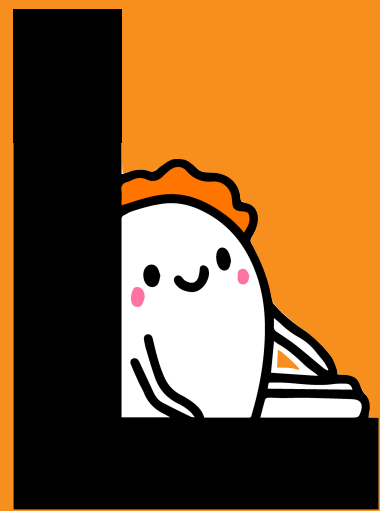




Believe in Yourself



Own Your Energy



Live On Purpose



Decide What You Want



20 questions: 5 x four energetic dimensions

a. Do you practice movement every day?*

Something you do regularly, it could be big or small.

1 = Never

5 = Always



1

2

3

4

5

OK

a. Do you feel inspired? *

1 = Never

5 = Always



1

2

3

4

5

OK

b. Do you usually feel appreciated by the people in your world?*

1 = Never

5 = Always



1

2

3

4

5

OK

a. Do you regularly connect to your higher self?*

Tuning into your deeper wisdom and purpose.

1 = Never

5 = Always



1

2

3

4

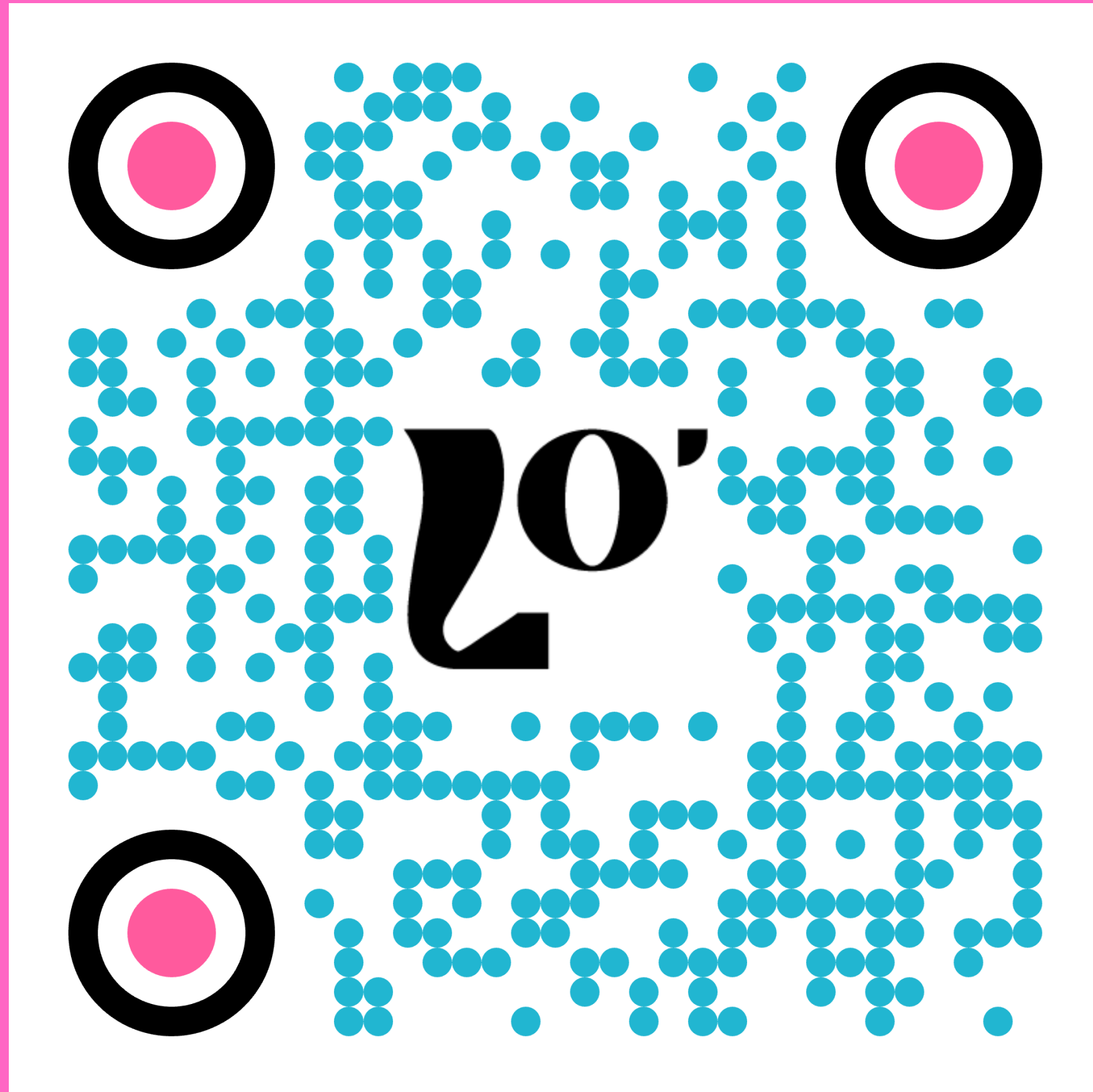
5

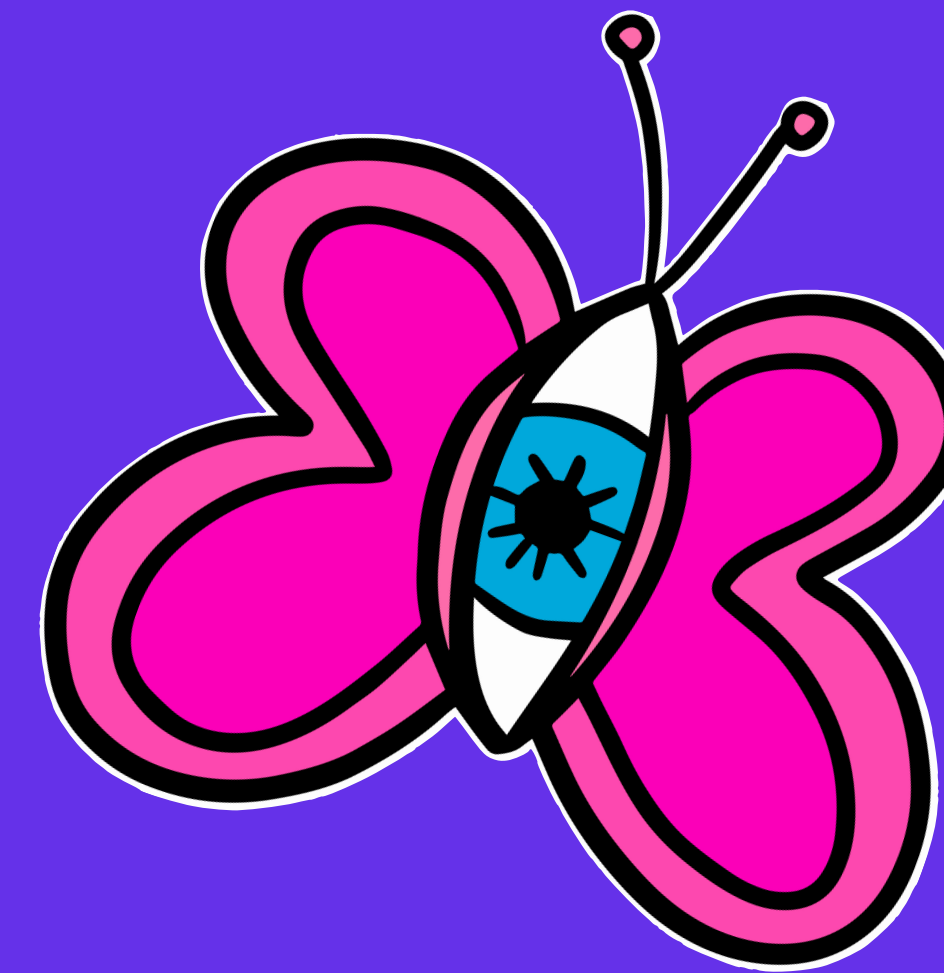
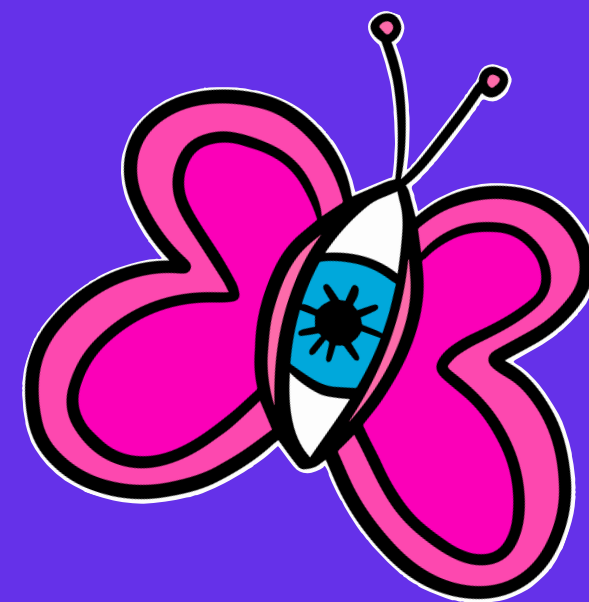
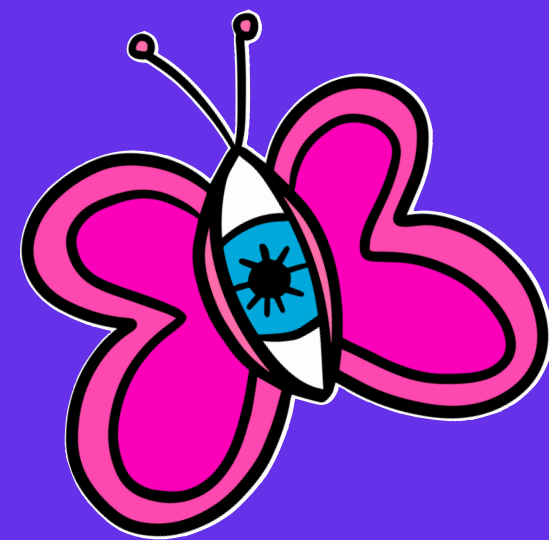
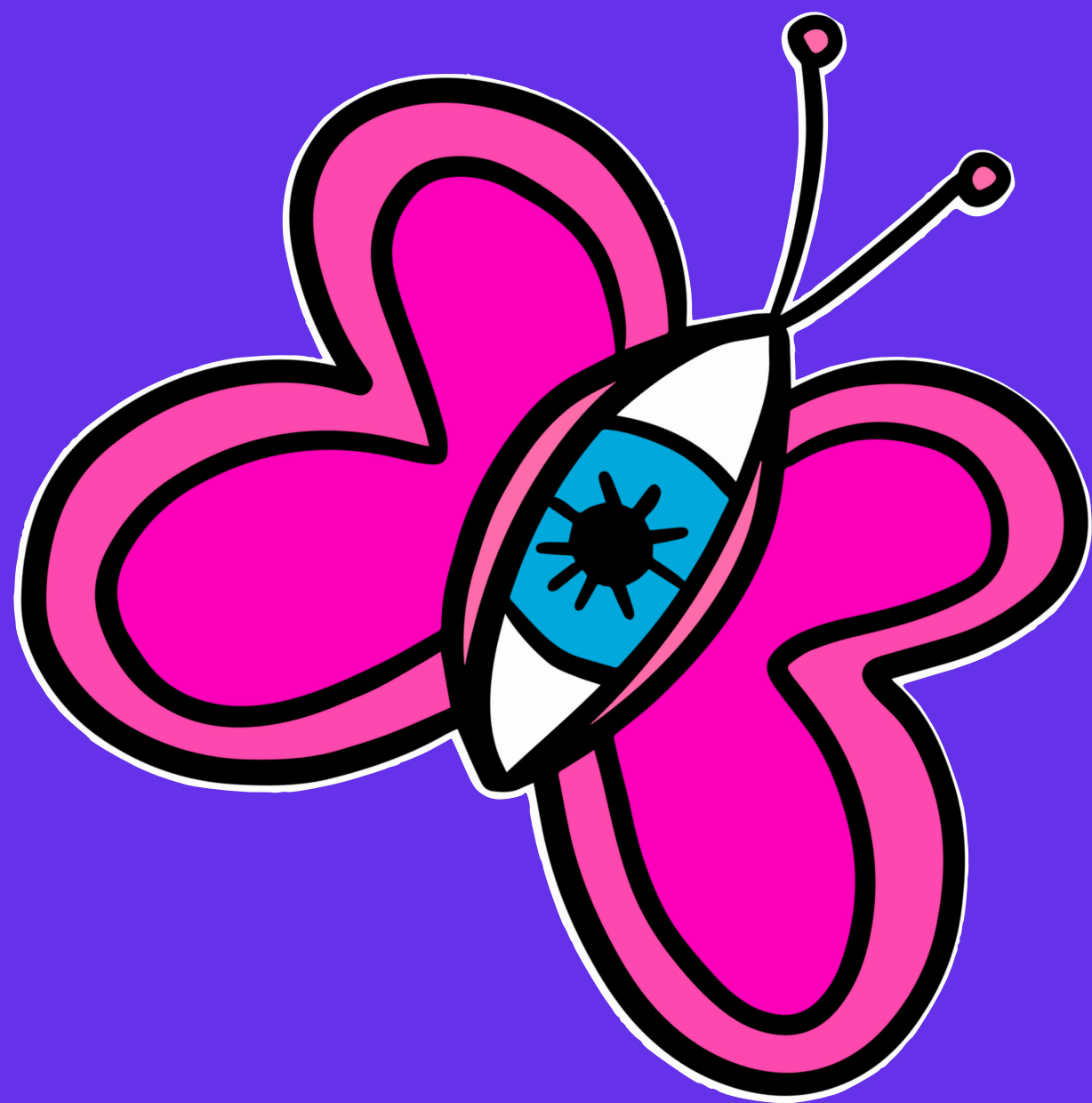
OK

Lisa O'Neill

Energy Diagnostic

Take this 3-minute diagnostic to discover where you're strong, where you're struggling, and what to do about it





BOLD

IDEAS

