HESITATION TO ACTION

KEYNOTE SPEECH

Est. 45-60 mins, Est. 10-500+ pax

INFLUENCE FROM WITHIN

Why does action appear to come so easily from some, but is so difficult for others?

Why do self-affirmations work for some, but feel like utter rubbish to others?

Mentalist & Hypnotist Nigel Lew unveils the secrets from hypnosis, hypnotherapy and even mentalism that makes people believe.

In the same way that hypnosis subjects can be made to forget numbers, or overcome their fears, the same principles can shape us to reduce resistance to move from hesitation to action.

Combining evidence-backed principles with live demonstrations, audiences not only learn about how to change — they experience it.

BY THE END, THE AUDIENCE WILL:

- **Experience self-influence** first-hand from Mentalist & Hypnotist Nigel Lew
- Uncover the different reasons for hesitation.
- Understand how to move themselves into **action** with **more consistency** and **less resistance**.

> Nigel held the energy of the audience from the moment he began. His sharp messaging and engaging delivery captivated us all.
>
> AVNI MARTIN
> ICF MASTER CERTIFIED COACH, THE MARTIN INSTITUTE

> I was skeptical, but the way Nigel approaches the topic is very strategic. My mindset has changed.
>
> PRUDENTIAL FINANCIAL ADVISOR

Nigel Lew - Influence Architect
Keynote speaker, Mentalist, Hypnotist

Nigel Lew MINDWORKS
info@nigel-lew.com | www.nigel-lew.com

Updated as at October 2026

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WHAT TO EXPECT FROM THIS KEYNOTE:

- **Self-Influence, from the lens of a Mentalist and Hypnotist.** Insights drawn from the mechanisms that make a subject forget their name during stage hypnosis, or overcome self-limiting beliefs during hypnotherapy.
- **Demonstrated, not described.** Mentalism turns the principles into live demonstrations — entertaining enough that people stay in it, and clear enough that they leave with the mechanism.
- **Changes that last.** Motivation is fuel that runs out. Discover real secrets to lasting change.
- **Evidence-based insights.** Everything that has weak psychological or scientific evidence is left out.



Nigel Lew - Influence Architect

BSc. (National University of Singapore)
Certified Hypnotist (National Guild of Hypnotists, USA and Jacquin Hypnosis Academy, UK)
Certified Hypnotherapist and Certified 7th Path Self Hypnosis Teacher (Banyan Hypnosis Centre, USA)

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WORKSHOP

2-3 hrs
10-50 pax

BY THE END, PARTICIPANTS WILL:

- **Identify What Stops Them.** Most beliefs are what they are: pre-programmed beliefs, not facts.
- **Learn to Break Through.** Discover the psychology of self-limiting beliefs, and how to overcome them.
- **Create New Identities.** Lasting change comes not from lasting motivation, but from a new identity.

SAMPLE WORKSHOP FLOW

- **Fact or Belief?** Participants explore some of their own beliefs, with each other, and debate whether they are facts or simply beliefs.
- **Shattering the Glass Ceiling.** Participants experience demonstrations which help prove how beliefs affect our very physiology and psyche.
- **Insight Out.** Participants explore different characters of their minds, and decide who takes charge.
- **Find the New You.** Each person finds and chooses an identity that they can relate to. Not an identity they **want** to take on, but an identity they **decide** to embrace.

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