

KEYNOTE, BREAKOUT & WORKSHOP

Fifi Maree

“Be the Architect, not the passenger”

Feel

Defuse

Act



FIFI MAREE — LOS ANGELES, CA

ABOUT

Fifi helps audiences move from reacting to their hardest moments to deliberately shaping them — using a three-part framework: Feel. Defuse. Act.

FACILITATION & COACHING

Fifi Maree spent 15+ years across three continents training, coaching, and leading programs at Netflix, Lucasfilm, and Aardman Animations. Long before she called herself a speaker, she was already doing the work of one: for years, she spoke directly to university students, encouraging the next generation into film and visual effects careers, while personally coaching artists and leaders on the public-speaking techniques they needed before stepping in front of press, panels, and audiences of their own. She took professionals with no formal training background and turned them into confident facilitators — building train-the-trainer programs equipping people to teach others, multiplying her reach.

THE TALK

In this talk, Fifi shares the framework she built to retrain our inner narrator, learn to defuse the emotions these moments stir up, and decide — deliberately — whether to act.

Audiences leave with a repeatable practice, not just a pep talk.

01 Feel Name what you're feeling, instead of pushing it down or brewing over it.	→	02 Defuse Be kind to yourself, and rewrite the story.	→	03 Act Act — or don't — but be deliberate about it.
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AUDIENCE TAKEAWAYS

- Feel** — A quick technique (affect labeling) to name what you're feeling in the moment, instead of letting it drive the bus.
- Defuse** — A way to create distance from a stuck thought so it stops running the show, without pretending it isn't there.
- Act** — A “next right action” habit that turns reflection into forward motion, even mid-moment.

FORMATS

Keynote STAGE	18-20 min A TEDx-style talk built for main stages, summits, and galas. Q&A optional.
Keynote CORPORATE	45-60 min, Q&A included A talk followed by live audience Q&A, for company meetings, leadership offsites, and association events.
Breakout Session	45-60 min · ~30-150 people A short framework walkthrough, then a live exercise where attendees apply Feel. Defuse. Act. to a real situation, with discussion and Q&A.
Interactive Workshop	90 min to half-day · 15-40 people Hands-on practice across several scenarios, with partner exercises. Attendees leave with a completed one-page framework. Full-day on request.

Every session is tailored to your audience and theme. Virtual delivery isn't a standard format — reach out to talk it through.

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RATE Available on request	SHEET 1 of 1	REV. 2026-09