

OVERTHINKERS ANONYMOUS PRESENTS

Andrew Sewell

Speaker • Author

Founder, Overthinkers Anonymous



"Hi, I'm Andrew and I'm an overthinker.

Well... a recovering one."

For years, I was a successful creative in advertising — pitching big ideas, winning awards, leading teams, and doing stand-up comedy in my spare time. But under the surface, I was stressed, stuck, and constantly in my own head.

Eventually, I found the courage to stop running on fumes and start listening to my mind in a new way. I reinvented my career and built a healthier relationship with my thoughts. I wrote *The Overthinker's Guide to Life* and founded Overthinkers Anonymous to help others do the same.

Signature talk: The Overthinking Advantage

Turning mental noise into creative possibility

We often treat overthinking as a flaw. But what if it's actually wasted creative energy? In this high-impact, refreshingly human session, I show audiences how to stop using their imagination against themselves — and start using it as a tool for insight, innovation and inspired action.

Other popular talks

LOL Goals™: On the power of creating goals that are so exciting — and scary — they make you laugh out loud.
You are not your thoughts: How to step back from mental noise, and find space to create and lead with clarity.
Identity, storytelling & reinvention: Especially useful for professionals navigating midlife, career pivots, or the evolving world of work in the age of AI.

Ways to work with me

- Keynote talks (in-person or virtual)
- Workshops & breakout sessions
- Lunch & learns
- Leadership offsites & team retreats

Past clients include:

Sony Pictures • Ford • Deloitte • Havas • NHS • Viatris • WaterAid • Save the Children
... plus, numerous marketing, design, insight, and creative agencies

Don't overthink it — let's talk

W: andrewsewell.com • E: andrew@andrewsewell.com