



AARON LYNN

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Aaron Lynn is a Fractional COO specialising in productivity and AI who helps busy, non-technical professionals do more without burning out. Originally from Sydney, Australia, he now spends most of his time in Bangkok, Thailand.

For 20 years he's taught hundreds of thousands of people the productivity, energy-management and AI skills they need to work at a higher level — and get back time for the things they actually enjoy. Aaron is who you call to take your company, your team and your own performance to the next level.

He believes that if you're going to do business, make it world class. If you're going to live your life, make it world class. And that systems, energy, and now AI, are how you get to both. His online courses have over 70,000 students.

Questions to Ask

- What should a non-technical professional or entrepreneur actually learn about AI?
- Is AI a productivity tool or a technology shift, and why does the distinction matter?
- What are the 3 systems every business needs?
- Why do you have an energy problem, not a time problem?
- Why do most productivity systems fail the moment real life hits?
- Why live in Thailand?
- How did we end up trapped in an influencer society of our own making?

Topics to Discuss

1. Practical AI for non-technical professionals and entrepreneurs.
2. AI as a thinking partner for writing, research, analysis and decision-making.
3. Systems thinking.
4. Work from anywhere.
5. Work-life balance as a business owner.
6. Living life on your own terms and resisting societal pressure.
7. The CEO/COO mindset: systems that run the business for you.
8. World-class productivity.



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