What's something you work with fairly regularly and understand 80% of, but not 100%?

What's a new technology or technique that you've heard of recently, but don't know much about?

Do you have a particular workflow that you use and really like?

What's an accepted practice that "everyone knows" but that you (or others) haven't looked into for a while?

What's your hobby? What lessons are shared between your hobby and your job?

Think back to a year ago. What would you have wanted to know? What advice would you need?

What's a book you read or an experience you had recently that you found particularly interesting, relevant, or profound?

What's a talk you'd want to see at this conference? Perhaps it's on a technology you're interested in, or a non-technical topic you've wondered or struggled with recently.

Is there something that irritates you about your work or process? How could it be solved? Perhaps you've solved it already and can share your story, or perhaps you need to do some research first.

If you did solve it, how did you solve it? Were there other ways you could have solved it? Why did you pick the way that you did?

If you came across the same problem again, what would you have done differently?

If you didn't solve it, what went wrong? How could others avoid it in the future?

Are there any talks you would enjoy giving? It can be on any topic and aimed at any audience.

Write out a bunch of adjectives and nouns about yourself. Also jot down various things you've done. Play around with some of those words and history and see if you can find a talk in the overlap. (For example I'm a programmer, baker, and I've run a few study groups. I might come up with how does baking relate to programming? Or how can programmers continue learning with study groups?)

Thanks to:

http://lucybain.com/blog/2016/conference-proposal-ideas/

http://yowconference.com.au/artefacts/WritingProposalsResources.pdf