



Keynote & TEDx Speaker  
2025 Overviews



# Beyond the label: understanding addiction



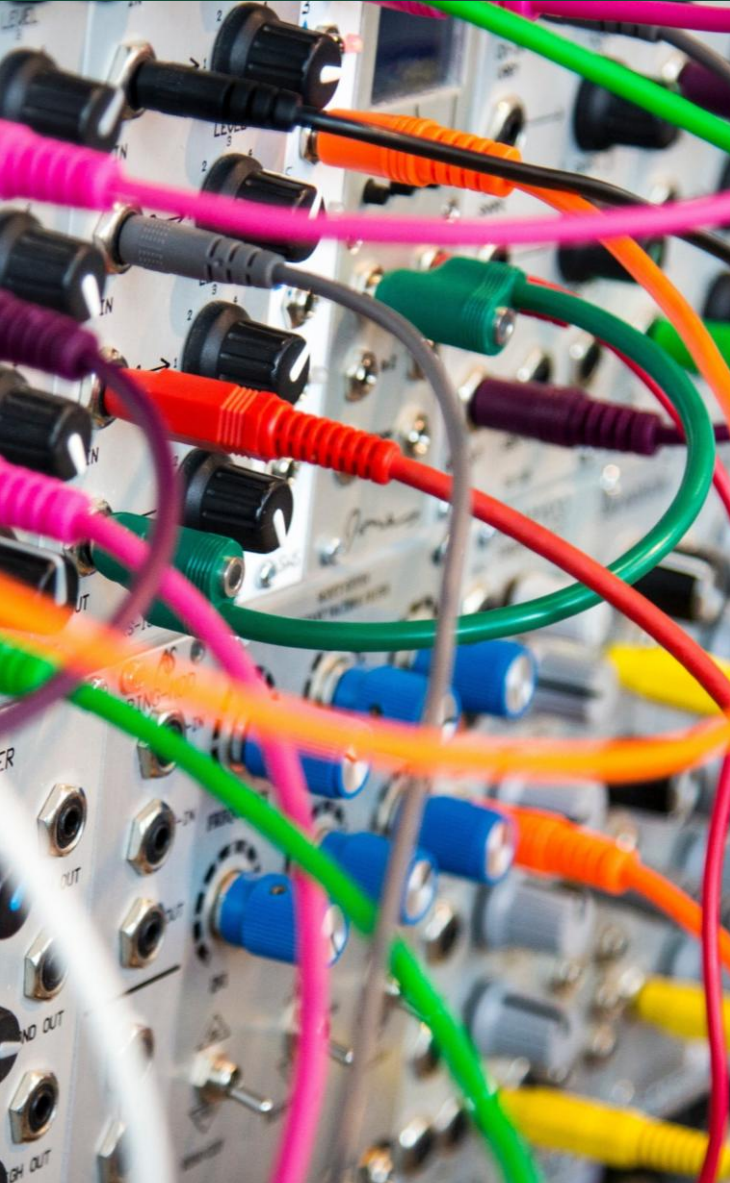
Whether it is alcohol, drugs, work, social media, pornography, shopping or food, many of us have an unhealthy relationship with something. We turn to these habits to numb ourselves or escape difficult emotions, often as a response to a society that is more stressful, overwhelming and mentally exhausting than ever before.

This powerful talk challenges the stereotypes of what an addict looks like and reframes the way we think about addiction. It raises awareness of how addictive behaviours develop, explores the factors that drive them and provides tools to foster a culture of understanding and support. This session also offers practical strategies to help everyone build a healthier relationship with their vices and regain a sense of control.

## Key outcomes

- Gain a deeper understanding of what addiction really looks like and why it affects far more people than we often realise.
- Explore why people turn to addictive behaviours and how stress, trauma and modern life contribute to unhealthy coping strategies.
- Discover practical ways to support those struggling with addiction in personal and professional settings without judgement or stigma.
- Gain tools and strategies to recognise your own patterns, make healthier choices and develop a more balanced approach to stress and coping.

# ADHD and me



The average age of ADHD diagnosis for a man is 8 years old. For a woman, it is 35. This huge gap means that many women spend decades struggling, unaware that ADHD could be the reason why life often feels so overwhelming.

Seeing other women share their experiences of late ADHD diagnosis on social media gave me the awareness and courage to pursue my own diagnosis. It was a turning point that allowed me to finally get the support and treatment I needed to stop feeling like I was drowning every day.

In this talk, I share my personal journey with ADHD and the unique ways it presents in women. This session is designed to inspire and empower people to advocate for themselves, seek the answers they need and get the support that can change their lives.

## Key outcomes

- Learn why so many women going undiagnosed until adulthood.
- Challenge common misconceptions about ADHD.
- Explore the less obvious ways ADHD can manifest in daily life.
- Gain insight into the struggles of living undiagnosed and the transformation that can come with proper support.
- Understand how we can all better support neurodivergent colleagues, friends and family.

# Navigating grief



“I love talking about her, by the way, so if I cry, it’s only a beautiful thing. Grief is all the unexpressed love. So, I hope the grief stays with me because it’s all the unexpressed love that I didn’t get to tell her... And I told her every day.” – Andrew Garfield

What Andrew Garfield captures so powerfully in this reflection on grief is something we often struggle with. Fully accepting the sadness, tears and pain that come with loss. He does not apologise for it or try to suppress it. Grief is one of the most universal human experiences. We will all, at some point, lose someone we love. Yet, as a society, we often avoid talking about it, leaving those who are grieving to feel isolated or unsure how to express their emotions. This workshop brings personal stories of grief to the forefront, challenges common myths and provides practical tools for building a more supportive, inclusive culture. A culture where people feel seen, heard and supported, no matter what they are going through.

## Key outcomes

- Challenge common myths and misconceptions about grief.
- Learn practical ways to support colleagues, friends and loved ones through grief.
- Explore how workplaces and communities can foster environments where people feel safe to express grief without stigma or judgement.
- Gain insight into the impact of grief on mental and emotional wellbeing.
- Learn how to normalise discussions around loss.



# The science of stress



Stress is a natural response to pressure, but when it becomes chronic, it can take a serious toll on both body and mind. We often push through without realising the physiological effects stress has on our health, performance and decision-making. But what if we could understand stress better—and manage it before it manages us?

This keynote unpacks the science of stress, exploring how it affects the brain and body, why some stress can be helpful, and when it becomes harmful. You will learn practical strategies to regulate stress in the moment, build resilience over time and develop healthier ways to manage pressure. Through real-life insights and evidence-based techniques, we will explore how to stay in control and turn stress into a force for growth rather than exhaustion.

## Key topics

- Learn what happens in your brain and body when you experience stress.
- Recognise the difference between productive and unproductive stress.
- Explore practical techniques to regulate stress in the moment and build long-term resilience.
- Discover how to handle stressors in a healthier way by understanding and processing emotional responses.
- Shift your mindset around stress, learning how to harness it for motivation and performance rather than exhaustion and burnout.

# Why we numb, and what it's doing to us



In today's fast-paced, high-pressure world, many of us turn to numbing behaviours -whether through work, distractions, substances or even overachievement - as a way to cope with overwhelming emotions and stress. But what happens when we numb ourselves? What are we really avoiding, and at what cost?

This keynote dives into the psychology of numbing, uncovering how it affects our wellbeing, relationships and performance. Drawing on real-life stories and powerful insights, we will explore how we can break free from these patterns and reconnect with what truly matters.

## Key topics

- Explore why we engage in numbing behaviours and how these patterns develop over time.
- Learn how numbing affects not just your own wellbeing, but also your connections with others
- Discover the long-term consequences of avoiding discomfort
- Gain practical strategies to overcome numbing behaviours, create healthier coping mechanisms and embrace emotional vulnerability.

# Anchored leadership: stability through the storm



In a world of constant change, uncertainty, and pressure, leadership isn't about having all the answers - it's about being the steady force others can rely on.

The best leaders don't just weather the storm; they create stability in the chaos, offering clarity, confidence, and trust when everything else feels uncertain.

This keynote will challenge the way you think about leadership, drawing on powerful real-life experiences to explore what it truly means to be an anchor for your team. How do you lead when the waves keep coming? And what does it take to stay grounded yourself?

## Key outcomes

- How to remain grounded and decisive, even in the face of uncertainty
- Discover strategies to cultivate resilience, turning setbacks into opportunities
- Explore how to communicate with confidence during turbulent times
- Learn how to foster trust, psychological safety and consistency
- Understand and embody the key traits of leaders who inspire calm and confidence in chaos





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