

Clare E Kenny

Keynote & TEDx Speaker



SHORT BIO

Described as a dynamic leadership and mental health expert, Clare is the former Global Wellbeing Lead at Burberry.

A sought-after keynote speaker on leadership, culture, and wellbeing, Clare takes audiences beyond conventional thinking. She reveals the untapped potential in leaders and teams, showing how to build cultures where people don't just perform - they thrive.

Drawing on her lived experience of ADHD, addiction, anxiety, and grief, Clare brings a deeply human approach to leadership and workplace culture. She understands the realities of stress, burnout, and emotional resilience - not just from research, but from personal experience. By blending science-backed insights with raw, honest storytelling, she creates space for conversations that matter.

Clare's talks inspire real, lasting change, equipping leaders to build cultures where people feel supported, understood, and able to perform at their best.

LONGER BIO

After an impactful career leading the global wellbeing strategy at Burberry and holding senior leadership roles in consultancies across Europe and Asia, Clare has become a leading voice in leadership, culture, and wellbeing. She has helped organisations ranging from FTSE 100s to dynamic startups - including Warner Bros Discovery, KPMG, the Ministry of Justice, Specsavers, Channel 4, and The Harry Potter Studios - foster healthier, more sustainable workplace cultures where people can truly thrive.

Recognised for her expertise in mental health and sustainable leadership, Clare blends cutting-edge research with lived experience and powerful, vulnerable storytelling. She draws on her own journey with ADHD, addiction, anxiety, and grief to challenge conventional thinking and inspire meaningful change. Through science-backed insights and real-life stories, Clare reshapes how we approach mental health and wellbeing in the workplace.

Clare has delivered hundreds of thought-provoking keynotes, workshops, and masterclasses across diverse industries, captivating audiences with her engaging style and actionable insights.

Based in the UK, Clare speaks internationally, helping leaders build cultures where people feel supported, understood, and able to perform at their best.

VIDEOS

Speaker reel – <https://youtu.be/CYbdf1Q0b7g>

TEDx: Changing how we view addiction -

<https://www.youtube.com/watch?v=TA3Avy1iUao>



SPECIALIST TOPICS

Anchored leadership: stability through the storm

In uncertain times, people don't need leaders with all the answers - they need leaders who are calm, grounded, and steady. This talk explores what it means to be an anchor in the chaos.

Outcomes:

- Stay calm and decisive under pressure
- Build resilience and lead through uncertainty
- Communicate with clarity in challenging times
- Foster trust and psychological safety in your team

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

Many of us cope with stress through overwork, distraction, or avoidance. This session explores the psychology of numbing - and how it impacts wellbeing, leadership, and culture.

Outcomes:

- Understand why we numb and how it develops
- Recognise the cost of avoidance on resilience and performance
- Identify common patterns in yourself and your teams
- Learn healthier ways to manage stress and support others

Beyond the label: rethinking addiction in the workplace

Addiction exists on a spectrum and affects far more people than we think — including high performers. This talk challenges stigma and offers tools for compassion and change.

Outcomes:

- Reframe how addiction is understood at work
- Explore how stress and trauma fuel addictive behaviours
- Learn to support others without judgement
- Identify and shift your own coping habits

Rethinking ADHD: how leaders can create neuroinclusive workplaces

Many women with ADHD go undiagnosed for decades - often until they burn out. This session shares personal experience and practical advice for building inclusive, supportive workplaces.

Outcomes:

- Understand how ADHD presents differently in women
- Challenge myths around productivity and neurodivergence
- Learn to spot hidden signs and support neurodivergent talent
- Build a culture where all minds can thrive

TESTIMONIALS

“Clare delivered an excellent talk and the topic really resonated with the audience. She was so authentic, honest and open - sharing her own challenges and how to approach them with a resilient mindset.”

Caroline von Koenig, Wellbeing Lead, FIDELITY INTERNATIONAL

“Clare delivered an excellent executive micro training for our top 300 senior leaders on how to disrupt the stress cycle. Clare smashed it! The session was brilliant, perfectly pitched, just what we were after.”

Emily Warren, Director, Global Wellbeing Lead, AVANADE

“Clare delivered a great talk. I left feeling lighter and more centred on how I approach mental health and managing people the best way that suits them.”

Team lead, HARRY POTTER STUDIOS

“33 years with KPMG and the best session I have ever joined! This has been amazing, emotional but uplifting – I have learnt so much.”

Attendee, KPMG

“Clare was great, and the delivery of the session was amazing. I was engaged throughout!”

Attendee, CHANNEL 4

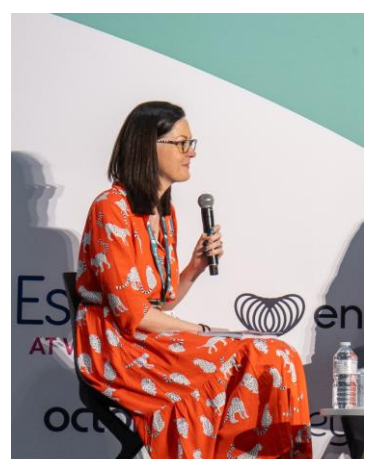
“Clare delivered a fantastic talk; I came away with lot of food for thought and it was great to share ideas with people in this context. She was amazing, really great delivery!”

Dee Khaira, Talent Acquisition Manager, BURBERRY

"Clare facilitated some fantastic 'Mental Health for Leaders' masterclasses for our store managers across Europe. We've had such great feedback from the team and it was a wonderful addition to our wellbeing month!"

Sophie Dexter, Global People & Culture Specialist, AESOP

PHOTOS



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