

CARL HONORÉ

“An in-demand spokesman on slowness.”

The Wall Street Journal

“The global guru on the Slow Movement.”

Globe and Mail

“The unofficial godfather of a growing cultural shift toward slowing down.”

Huffington Post

"The godfather of the Slow Movement."

ABC News

“A verbal magician, conjuring concepts with no new idea too complex to capture.”

The Sydney Morning Herald

“An international spokesman for the concept of leisure.”

Newsweek

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BIOGRAPHY

Carl Honoré is an award-winning writer, broadcaster and voice of the global Slow Movement. His books have been published in 35 languages and landed on bestseller lists around the world. His two main-stage TED Talks have racked up millions of views.

Carl fronted a series for BBC Radio 4 called *The Slow Coach* in which he helped frazzled, over-scheduled people slow down. He also presented a television show called *Frantic Family Rescue* on Australia's ABC 1.

Carl's keynotes are dynamic, inspiring, informative and full of humour. He speaks all over the world and his audiences range from business leaders, entrepreneurs and sales professionals to teachers, academics and medical practitioners. Carl also delivers virtually.

SPEAKING TOPICS

KEYNOTE #1

The Slow Revolution

To thrive in a fast world, you have to slow down. Doing so will boost your health and bring more depth, pleasure and meaning to your life. It will also make you more efficient, creative, accurate and productive. As *The Economist* concluded:

“Forget frantic acceleration. Mastering the clock of business is about choosing when to be fast and when to be slow.” Using stories and case-studies from around the world, Carl shows how to work, play and live better by unleashing your inner tortoise.

"A world-class keynote presenter with a message everybody in the world with a pulse needs to hear. Book Carl for your next online event, it's a guaranteed win." — **James Veigli, Founder of Broker Profits Vault (Melbourne, Australia)**

KEYNOTE #2

Raising Children in a Fast World

Childhood has become a race to perfection, leaving children, parents and teachers frazzled and unfulfilled. Now, a global movement (think Slow Education, Slow Families, Slow Parenting, Slow Kids, etc) is finding ways to give children the time and space to explore the world on their own terms, take reasonable risks, play freely, get bored, be children again. Touching on

everything from technology and extracurricular activities to education, safety and consumerism, Carl shows parents and teachers how to help children thrive in a competitive world. (He also delivers a special talk for teenagers.)

“Carl is a terrifically engaging public speaker who displays the enviable qualities of commitment, passion and preparation to his endeavours. He has an amazing ability to captivate his audience; boys, parents and staff were effusive in their praise of Carl. It also helps, of course, that he is a thoroughly decent bloke.”
— **Jonny Timms, Deputy Head, Caldicott School, Buckinghamshire UK**

KEYNOTE #3

Ending Ageism and Ageing Better

In this golden age of ageing, we are living better for longer than ever before. Scientists, artists and entrepreneurs are hitting their stride later in life. Pop culture, from movies to modelling to the media, is carving out more room for people past the first flush of youth. To make the most of this

longevity revolution, we need a radical re-think of what it means to grow older in the workplace and beyond. Carl shows how we can all age better – and feel better about ageing.

“I could listen to Carl speak all day! Very dynamic, funny, insightful and engaging. I thought he and his subject matter was the perfect way to end the conference.” — **Delegate at the annual conference of the Canadian Society of Safety Engineers (Montreal, Canada)**

Carl never delivers the same talk twice. He works with each client to find the perfect blend of content for the audience. He also presents in Spanish, French and Portuguese.

TESTIMONIALS

"Online keynotes can be tough, but Carl's story, anecdotes and personality held our audience of business owners on the other side of the world captive for a full 90-minutes, and they wanted

more. A world-class keynote presenter with a message everybody in the world with a pulse needs to hear. Book Carl for your next online event, it's a guaranteed win." — **James Veigli, Founder of Broker Profits Vault (Melbourne, Australia)**

“For me, this speaker was worth the PDC fee! We could easily relate to his topic and hopefully all take home and put into action his points - for our families and for our workplaces. He was polished, flexible and adaptable. Thoroughly enjoyed him and could have listened longer!!! I would listen again if we repeated him in the future.” — **Delegate at the annual conference of the Canadian Society of Safety Engineers (Montreal, Canada)**

“Carl put on an amazing show! The whole audience was energised by his insightful and fun presentation. He was fantastic! We got amazing comments! A huge, huge thanks!” — **Beatrice Imbert-Forgeot, Richmond Group (Paris, France)**

“An amazing public speaker that engages the audience from the first to the last minute. He shares his wisdom....and the best part...he doesn't peddle anything (but you go and buy the book after haha) and he is a pleasure to work with....no prima donna in sight!!!! Great job in Montreal at the CSSE conference!” — **Greg Swan, Canadian Society of Safety Engineering (Montreal, Canada)**

“I was super excited when I was listening to Carl speaking in front of our audience — imagine a hall with 400 people and they are all laughing, nodding their heads, smiling – when you can really see that they are enjoying themselves and listening to the speaker on stage. That is what we had with Carl and I can assure you that he will take your advice into consideration and make the best event possible. Really recommend him as a speaker!” — **Nika Močnik, CEO Eventnika (Ljubljana, Slovenia)**

"Carl was captivating! He has a blend of polished eloquence and sophistication coupled with vibrant and a rare contagious energy that attendees absolutely fell in love with. Carl captured everyone's attention from the very first second and had us smiling, laughing and nodding in agreement throughout. His appeal is universal and he was the audience favourite!" — **Sam Makhoul, Founder of Higher Branch Success Academy (Sydney, Australia)**

“Carl’s presentation was a hit, delivering a fresh perspective to our latest conference that tackled speed in business. Carl’s insights and passion managed to inspire so many C-level executives that going slower at times pays more and as a result it helps us improve and possibly find ways of doing things smarter and faster. I highly recommend Carl as he is a very good public speaker and able to adapt his ‘Slow Movement’ to so many different contexts.” — **Morgan Parnis, Business Leaders Malta**

“How can we ever thank you for an informative and inspiring two days at Hewitt? I wish you could see my inbox right now (actually, you don’t want to see it, because it’s the opposite of slow). It’s full of thank you messages from parents thanking me and saying that they are going to buy your books and continue thinking and reading about slow parenting. Thank you, thank you, thank you.” — **Tara Kinsey, Head of School, The Hewitt School, New York City, USA**

“Carl’s talk was exactly what we needed to hear. His blend of personal humor and fact-filled research on trends in parenting was helpful in reinforcing our school’s message about the need for free play and healthy rhythms for children. Parents feel pressure to create these perfect little beings. Carl’s warmth made us all relax and enjoy his timely message.” — **Lauren Johnson, Director of Development, Portland Waldorf School Oregon, USA**

“Many thanks for a superb, insightful, dynamic, fun and fully inspiring presentation! Just had

excellent feedback from all participants with no exception!” — **Gilles Legault, Canadian National Railway Company (Montreal, Canada)**

“The excellent Carl Honoré closed the first edition of WELLNESS986 generating a great success and becoming the highest rated speaker! His fast talk about Slow hit the spot and provided excellent insight on how putting on the brakes could help us have more productive and more enjoyable lives.” — **Tania Gonzalez, WELLNESS16 (London, UK)**

“Getting city lawyers to slow down is impossible surely? Carl was faced with this task at our latest Life With Law event, and succeeded in every way. Carl captured the whole room’s attention with his thoughts on The Slow Movement. His talk resonated with everyone in slightly different ways, but we all left wanting to find our inner tortoise.” — **Amy Greenham, Lawyers on Demand (London, UK)**

“Mr. Honoré spoke at the conference we annually host at the University of Cologne in Germany – the World Business Dialogue. His speech and participation in the panel discussion “Happiness in a modern world” vastly enriched and inspired us and the entire audience. We thank Mr. Honoré for contributing to our event in such a great way and would love to welcome him anytime at our events in the future!” — **Robert Bouschery, World Business Dialogue (Cologne, Germany)**

“Carl recently addressed a group of parents at Blundell’s School. He is an immensely engaging speaker and his message resonated strongly with our community. The ‘Slow’ concept is simple and accessible but the practical challenges are considerable – but Carl’s talk really did leave people feeling like the challenge wasn’t an insurmountable one and that it was well worth the effort, individually and corporately. He provoked much meaningful discussion and debate and at times evoked a strong emotional response. Carl is clearly an experienced and clever speaker and he

quickly found traction with his audience through his humorous and self-effacing stories. The only question we have left is when we might be able to get him back again!” — **Bart Wielenga, Headmaster, Blundell’s School Devon, England**

“Mr. Honore’s witty presentation was intellectually stimulating, highly entertaining, and forced us all to look at how we think about the invisible force that rules our lives: time: Encompassing world history, sociological observation, and journalist’s eye for accurate detail, his talk was the unquestioned highlight of our conference this year.” — **Russell Willis Taylor, National Arts Strategies (New York City)**

"Carl spent a morning working with our teachers and support staff ahead of what promises to be another busy school year. He took the time to talk to us, finding out more about the school and then, by combination of evidence, anecdote, personal experience and humour, he engaged, stimulated, inspired and challenged the team. There was lots

of sharing of ideas and a good deal of conversation after Carl had left. It was a great place from which to start the year – more schools should think about how ‘slow’ can help them feel better, be more productive and ultimately happier. I would highly recommend Carl as a speaker at inset or for parents." — **Shona Colaco, Head, Knightsbridge School, London**

“Our children need more opportunities to play, be physically active and participate in sport without pressure to please the significant others in their lives; this was the theme of our International Physical Literacy Conference. We contracted Carl to provide an opening and closing keynote while attending sessions from the conference. Carl’s opening keynote reminded us about the dangers of living life in the fast lane and identified the many losses we suffer from these fast choices. For his closing keynote, Carl infused his reflections and insights from the conference then capped it off with a few recipes to inject some “slow” into one’s life. It was a spectacular and passionate finish to our conference! Carl was totally engaged and engaging; he joined in many

conversations across the conference and was always accessible for questions and comments. Carl's delivery is personal and very welcoming. He tells very funny stories about his own "speedaholic" life but the stories are also filled with lessons to be learned. Our delegates were thrilled that Carl was with us for the entire conference! He was a perfect fit for our conference; his presence enhanced the outcome for all who attended!" — **Vicki Harber, International Physical Literacy Conference Canada**

"Many children, and parents, are over-programmed and exhausted. Slow fixes are better able to deliver longer lasting ways of addressing some of the complex problems our children face today. Carl Honoré is an engaging and knowledgeable speaker, giving parents the confidence to know that they have choices." — **Kim Warrender, Head of Learning Support, Knightsbridge School, London**

"Carl is a very engaging and eloquent speaker. He mixes personal anecdotes with academic research and is clearly passionate about his subject. During

his time at our school he stimulated debate and questions amongst a hall full of parents who wanted more long after the session had been scheduled to finish, thoughtfully and honestly answered questions posed by a small group of parents the following morning and completely engaged a group of Upper School students who were quite willing to miss their break to continue their discussion and debate with him.” — **Laura Hetherington, South Devon Steiner School England**

“Carl Honoré was the principal keynote speaker at the World Leisure Congress in Chuncheon, South Korea. His contribution to several hundred practitioners, academics and politicians drawn from the fields of tourism, recreation, sport and the arts was outstanding. With engaging humour and a range of apposite anecdotes on human foibles and behaviour, recognised so easily by an international audience, he compared and contrasted the external pressures on individuals to react and succeed with a more relaxed lifestyle choice. In contributing to the plenary session, leading a separate workshop and mixing freely

with the delegates, Carl was accessible and responsive to debate and discussion during the Congress, especially engaging delegates with encouragement. One mark of the success of a keynote speaker is reference back to the original speech at various points in the Congress; on this criterion alone Carl's could only be overwhelming and success." — **Dr Derek Casey, World Leisure Organization (Chuncheon, South Korea)**

CLIENTS

CORPORATE:

Microsoft (Seattle, USA)

Virtuoso Travel Mart (Las Vegas, USA)

Accenture (London, UK)

Securian (Montreux, Switzerland)

Barclays Capital (London, UK)

Sky TV Leaders Retreat (Schloss Elmau, Germany)

Sky TV (London, UK)

Nokia (Mobile World Congress, Barcelona, Spain)

CN (Montreal, Canada)

Mayer Brown (London, UK)

DaVita (Sundance, Utah)

Protección (Bogotá + Medellín, Colombia)

Orléans Chamber of Commerce (Orléans, Canada)

Willis Insurance (Copenhagen, Denmark)

Unilever (Buenos Aires, Argentina)

London Business Forum (London, UK)

Citywire (London, UK)

Canadian Society of Safety Engineers (Montreal, Canada)

Fitch (London, UK)

Sony Forum (Zurich, Switzerland)

Young Presidents' Organization (Italy, Spain, Austria, USA, Sweden, Venezuela)

Grupo Abril Info CIO conference (Bahia, Brazil)

Fast-Leader conference (Estonia, Latvia, Lithuania)

Human Resources Professional Association of Ontario (Toronto, Canada)

Norton Rose (London UK)
UBS (London UK)
Leadership Florida (St Petersburg, USA)
Citibank (London UK)
Nomura (London UK)
Aviva (London UK)
PriceWaterhouseCooper (London UK)
Reuters (London UK)
Salon des Ressources Humaines (Paris, France)
Banco Davivienda (Bogotá, Colombia)
Volvo (Goodwood Festival of Speed UK)
SpaRitual (New York, USA)
Catani Associates (Helsinki, Finland)
Crowne Plaza hotels (London UK)
Human Resources Professional Association of
Ontario (Toronto, Canada)
North American Agricultural Marketing (Halifax,
Canada)
Tbanc (Santiago, Chile)
Haagen Dazs (Madrid, Spain)
Citi-Marketing Conference (Elche, Spain)
Country Brand Seminar (Jyvaskyla, Finland)
Canadian Society of Safety Engineers (Montréal,
Canada)
Alberta Leadership Summit (Banff, Canada)
Tecnova (Almería, Spain)

SocGen (London UK)

Richemont Group (Paris, France)

Vichy (Paris, France)

EGE Haina (Santo Domingo, Dominican Republic)

IDEA CONFERENCES:

TED Global (2005, 2019)

Pop!Tech (Camden MN, USA)

IdeaCity (Toronto, Canada)

Ciudad de las Ideas (Puebla, Mexico) – 2008 + 2010 + 2014 + 2019

Upgrade Your Life (Sydney, Australia) – 2019 + 2020

Young Minds (Sydney, Australia)

Thinking Digital (Newcastle + London, UK)

Wisdom 2.0 (Dublin, Ireland)

Happiness and its Causes (Melbourne, Australia)

World Business Dialogue (Cologne, Germany)

Bloggcamp (Kristiansand, Norway)

El Ser Creativo (Málaga + Pamplona, Spain)

RSA (London UK)

World Leisure Congress (Chuncheon, South Korea)

Craft Seminar (Portadown, Northern Ireland)

WorldBlu Summit (Denver + Miami— RATED
TOP SPEAKER)

SIME MIA (Miami, Florida)

Encuentro Mundial de Valores (Monterrey,
México)

Forum de la Haute Horlogerie (Lausanne,
Switzerland)

Malta Business Forum (Valletta, Malta)

SCHOOLS:

Eton College (Windsor, UK)

Hewitt School (New York City, USA)

Kensington Preparatory (London UK)

Mary Institute and St. Louis Country Day School
(St. Louis, USA)

South Devon Steiner School (Totnes, UK)

National Education Congress (Katowice, Poland)

St. Hilda's (London UK)

The School of Life (London UK)

Mount Royal University (Calgary, Canada)

Wellesley Mothers Forum (Wellesley,
Massachusetts)

American School in London (London UK)

Caldicott Preparatory School (Buckinghamshire
UK) 2015 + 2018

Orchard House School (Richmond, Virginia)
Interview at home Oakwood High School
(Dayton, Ohio)
Thomas's School (London UK)
Blundell's School (Devon, UK)
Wesley College (Perth, Australia)
Claremont Fan Court School (Esher, UK)
Knightsbridge School (London, UK)
Latin American Heads Conference (São Paulo,
Brazil)
Wimbledon High School (London, UK)
Abraham Lincoln American College Peruano,
Colegio Peruano Británico, Newton College,
Colegio Altair, Hiram Bingham School, St.
George's College, Markham College, San
Sylvester School (Lima, Peru)

NON-PROFITS:

Ontario + Alberta Library Associations (Toronto
+ Jasper, Canada)
Cambridge Forum (Harvard, USA)
Head Teachers conference (Trowbridge, UK)
Gottlieb Duttweiler Institut – Young Pioneers
series (Zurich, Switzerland)

Greater Edmonton Teachers' Convention
(Edmonton, Canada)
Megalopolis2023 (Helsinki, Finland)
Children's Autism Services (Edmonton, Canada)
Tavistock Hospital – psychiatry conference
(London, UK)
Early Education conference (Edmonton, Canada)
Coloque International sur la Petite Enfance –
RCPEM (Saint-Hyacinthe, Canada)
Alberta Early Years (Edmonton, Canada)
National Recreation Summit (Banff, Canada)
Off-Bound Adventures (Bogotá, Colombia) –
2010 + 2011
Patron of La Foire de Paris (Paris, France)
International Society for the Performing Arts
(New York, USA)
Travel Summit (Helsinki, Finland)

PHOTOS OF CARL

<https://tinyurl.com/rzqxhas>

CONTACT

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