



# Carl Honoré

“An in-demand spokesman on slowness.”  
**Wall Street Journal**

“The global guru on the Slow Movement.”  
**Globe and Mail**

“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!”

**Béatrice Imbert-Forgeot,**  
**Richemont Group**  
**(Paris, France)**

“An amazing public speaker that engages the audience from the first to the last minute. He is a pleasure to work with... no prima donna in sight!!!! Great job!”

**Greg Swan,**  
**Canadian Society of Safety Engineering**  
**(Montreal, Canada)**



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

**Huffington Post**

"The world's leading evangelist for what has become known as the Slow Movement."

**CBC Radio (The Sunday Edition)**

"The godfather of the Slow Movement."

**ABC News**

"An international spokesman for the concept of leisure."

**Newsweek**

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

**Australian Financial Review**

"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)**

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# BIOGRAPHY



**Carl Honoré is the voice of the Slow Movement.**

His bestselling books on the power of slowness have been published in 36 languages.

Carl has given two main-stage TED Talks which have together racked up million of views. His first TED Talk was called 'In Praise of Slowness'. He recently created an online TED Course entitled 'How To Slow Down'.

Carl's message is simple, counterintuitive and game-changing: **to thrive in a fast world, you have to slow down.**

Whether online or in-person, Carl's keynotes and workshops are dynamic, inspiring, informative and full of humour. His audiences range from business leaders, entrepreneurs and sales professionals to engineers, lawyers and medical practitioners.



# BIOGRAPHY

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His first book, *In Praise of Slow*, chronicles the global trend toward putting on the brakes in everything from work to food to parenting. The *Financial Times* said it is “to the Slow Movement what *Das Kapital* is to communism.”

Carl’s third book, *The Slow Fix*, explores how to tackle complex problems in every walk of life, from health and relationships to business and politics, without falling for superficial, short-term quick fixes.

Carl recently published his first children’s book. *It’s the Journey Not the Destination* (Slow Adventures in North America) helps parents and children to discover the wonders of the world through Slow travel.

Carl fronted a series for BBC Radio 4 called *The Slow Coach* and presented a television show called *Frantic Family Rescue* on Australia’s ABC 1.

While researching *In Praise of Slow*, Carl was slapped with a speeding ticket...

**NB: Carl can present in English, Spanish, French and Portuguese.**



# SPEAKING TOPICS

## FOR CORPORATES

*Slow down, Power up*

**In the modern workplace, faster is often better. But not always.** Sometimes slowing down is the best option. As The Economist put it: “Mastering the clock of business is about choosing when to be FAST and when to be SLOW.”

In any organisation, harnessing the power of SLOW will supercharge:

- |                           |                              |
|---------------------------|------------------------------|
| <b>1. Productivity</b>    | <b>6. Communication</b>      |
| <b>2. Creativity</b>      | <b>7. Collaboration</b>      |
| <b>3. Leadership</b>      | <b>8. Strategic thinking</b> |
| <b>4. Decision making</b> | <b>9. Health</b>             |
| <b>5. Problem solving</b> | <b>10. Purpose</b>           |

Drawing on stories and research from competitive industries across the world,  
**Carl shows how companies and entrepreneurs can power up by slowing down.**





## FOR GENERAL AUDIENCES

### *Finding Your Inner Tortoise*

**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 creative and productive at work. As the actress Mae West once said:  
"Anything worth doing is worth doing slowly."

Using stories and research from around the world, **Carl shows how to work, play and live better by unleashing your inner tortoise.**

# SPEAKING TOPICS

# 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 worldclass 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)

"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)

# TESTIMONIALS



"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'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

TESTIMONIALS

"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)

"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)

TESTIMONIALS

“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)

TESTIMONIALS

“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 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...”

**Dr Derek Casey,**  
World Leisure Organization  
(Chuncheon, South Korea)

# CORPORATE CLIENTS



## **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)

## **ESPN**

(United States)

## **Johnson & Johnson**

(Leiden, Netherlands)

## **Broker Profits Vault**

(Melbourne, Australia)

## **Mayer Brown**

(London, UK)

## **DaVita**

(Sundance, Utah)

## **Desjardins**

(Canada)

## **PionMatifat**

## **Investment Group**

(Vancouver, Canada)

## **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)

## **KPMG**

(Lisbon, Portugal)

# CORPORATE CLIENTS



## **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)

## **Empacor**

(Bogotá, Colombia)

## **BDP Pitmans**

(London UK)

## **Crowne Plaza hotels**

(London UK)

## **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)



# IDEAS 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

## **Digital Freedom Festival**

(Riga, Latvia)

## **Young Minds**

(Sydney, Australia)

## **Heart Mind Conference**

(Vancouver, Canada)

## **Thinking Digital**

(Newcastle + London, UK)

## **Leadership Conference**

(Ljubljana, Slovenia)

## **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)

# 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)

CLIENTS

**CONTACT**  
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**Carl Honoré**