

KIM HUCKERBY

**MENTAL HEALTH SPEAKER. WORKPLACE
WELLNESS EDUCATOR.**

SPEAKER KIT 2024



MEET KIM HUCKERBY



Kim equips leaders with skills and easy-to-use tools to understand, identify and respond to mental health issues in their workplaces.

As a keynote speaker, Kim draws from over two decades of diverse experience as a Social Worker, Educator, Mentor, and Thought Leader on the front lines of mental health. With a clear mission to cultivate a world where everyone possesses the skills to support those in need, Kim's passion and expertise instill confidence and assurance in her audience.

Kim's empowering approach to mental health and wellbeing, coupled with her infectious positivity, renders her an invaluable asset to organisations and event managers seeking to enhance workplace culture and challenge outdated and unhelpful mental health stigmas.

Her ability to connect authentically with individuals from all backgrounds underscores her commitment to equipping leaders at all levels with the knowledge, tools, and confidence necessary to promote mental wellness.



Kim travels from Sydney, NSW



2024 KEYNOTE TOPICS



ALL PRESENTATIONS CAN BE TAILORED TO YOUR NEEDS



WHO IS GOING TO THANK YOU FOR BURNING OUT?

This keynote provides attendees with valuable insights into the detrimental effects of burnout as well as practical strategies to prioritise self-care, creating more sustainable and mentally healthy workplaces.



ARE YOU OK? WHAT IF THE ANSWER IS NO?

This keynote equips individuals and teams with the tools and skills to identify mental health concerns and employ effective communication strategies to support themselves and their peers.



DIGITAL RESILIENCE

This keynote has been designed to explore the human side of technology, emphasising the role of digital awareness in maintaining and enhancing mental health at work.



BEYOND THE SURFACE

This keynote is packed with communication techniques, empathy-building skills, and strategies for creating workplace environments that encourage open dialogue about mental health.



EVERY WORD COUNTS

This keynote equips leaders to actively shape a workplace environment that is not only conducive to heightened performance but also places the holistic wellbeing of team members at its core.

CEOs, LEADERS & TEAMS

KIM'S KEYNOTES ARE PERFECT FOR...



Boards, CEOs and their Executives wanting to realise the tangible economic benefits tied to prioritising mental health support.



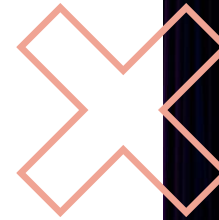
Leaders wanting to cultivate an environment that empowers every staff member to assist their teams facing mental health issues.



Team members looking for a communication toolkit to positively contribute to their overall wellbeing at work.



Human Resources and Learning & Development Leaders who want to foster a culture of peer support.



KIM EQUIPS LEADERS WITH SKILLS AND EASY-TO-USE TOOLS TO UNDERSTAND, IDENTIFY AND RESPOND TO MENTAL HEALTH ISSUES IN THEIR WORKPLACES.



KIND WORDS.



Kim as a presenter was experienced, engaging and most importantly, real. There was great group engagement and lots of practical examples and interaction with all participants. Kim gave us many useful tips and practical takeaways that were clear and could be applied immediately. The session was well structured and easy to follow due to Kim's accessible presenting and professional but casual style. We will definitely work with Kim again!

Ralph Lauren



WHO IS GOING TO THANK YOU FOR BURNING OUT?



SELF-ACCOUNTABILITY AND PEER SUPPORT

Overview

We are all familiar with the safety instructions on planes. Passengers are urged to secure their own oxygen masks before assisting others.

This analogy extends beyond the skies and seamlessly aligns with the broader spectrum of life.

Kim Huckerby, renowned as Australia's Leading Mental Health Speaker and Workplace Wellness Educator, skillfully draws parallels to underscore the significance of self-accountability in preventing burnout.

In this keynote tailored for teams of all sizes, Kim will pose a thought-provoking question: "Who's going to thank you for burning out?"

Through this powerful inquiry, attendees will be prompted to reflect on the pivotal role of self-care and the impact it has on their overall wellbeing and their performance at work. They'll also learn how to support those around them.

Attendees will be encouraged to:

- Show up for themselves; then others
- Share what's going on; and ask great questions
- Seek support if and when it's needed; and encourage others to do the same

Through this engaging and informative presentation, attendees not only gain valuable insights into the detrimental effects of burnout but also learn practical strategies to prioritise self-care, creating more sustainable and mentally wealthy workplaces at an individual, team and department-level.

Key Takeaways

Mental Wellness Mastery:

- Understand your position on the mental health continuum.
- Embrace collective responsibility for a mentally healthy workplace.
- Take ownership, seek support, and redirect care towards self.

Self-Care Ripple Effect:

- Prioritise self-care without compromise.
- Integrate moments of self-care into daily habits.
- Recognise the transformative impact on personal and team wellbeing.

Proactive Wellbeing:

- Recognise the early signs of mental health struggle.
- Cultivate a positive workplace culture prioritising mental wellness.
- Elevate your capacity to care for others by prioritising personal wellbeing first.

THIS KEYNOTE (OR WORKSHOP) IS PERFECT FOR LEADERS AT ALL LEVELS AND STRIKES THE PERFECT BALANCE BETWEEN THE NEED FOR SELF-CARE AND SUPPORTING OTHERS.



ARE YOU OK? WHAT IF THE ANSWER IS NO?

GETTING COMFORTABLE WITH CONVERSATIONS THAT COUNT



Overview

Internationally, the mental wellbeing of employees continues to be a focal point, emerging as a pivotal aspect of Workplace Health and Safety that can no longer be disregarded.

In Australia alone, where mental health incurs a staggering cost of \$10.9 billion annually for businesses, there exists an imperative for all workplaces to manage the mental health and overall wellbeing of their teams properly.

This paradigm shift in culture signifies that employees not only anticipate mental health training but envision being part of an organisation that actively ensures the welfare of its people.

Kim Huckerby, renowned as Australia's Leading Mental Health Speaker and Workplace Wellness Educator, recognises a prevalent gap in the workforce where employees have not been adequately trained or provided guidance 'on the job' on addressing mental health issues.

Would everyone on your team know how to respond to "No, I'm not OK"?

Working on the mental health front lines for over two decades, Kim is dedicated to equipping individuals and teams with the tools and skills to identify mental health concerns and employ effective communication strategies that support individuals, teams, and entire workplaces.

Through her expertise, she empowers organisations to foster a culture that not only acknowledges mental health but also proactively engages in meaningful conversations and actions to create supportive and resilient work environments.

Key Takeaways

Profitable Wellbeing:

- Recognise the tangible economic benefits tied to prioritising mental health support in the workplace, positively impacting both employees and the organisation's bottom line.
- Understand the correlation between fostering a mentally healthy workforce and achieving favorable financial outcomes.

Empowered Support:

- Equip all employees with advanced skills to adeptly support individuals grappling with mental health challenges.
- Cultivate an environment that empowers every staff member, fostering confidence and competence in assisting colleagues facing mental health issues.

Conversation Mastery:

- Prioritise the art of active listening over immediate problem-solving during mental health conversations.
- Enrich your communication toolkit with practical examples, ensuring compassionate and effective dialogues that contribute to overall wellbeing

THIS KEYNOTE (OR WORKSHOP) IS TAILORED FOR LEADERS AND MANAGERS, EMPOWERING THEM TO ADDRESS MENTAL HEALTH CHALLENGES WITHIN THEIR TEAMS EFFECTIVELY.

DIGITAL RESILIENCE

NURTURING WELLBEING IN AN AI & TECH-DRIVEN WORKPLACE



Overview

This keynote has been designed to explore the human side of technology, emphasising the role of digital awareness in maintaining and enhancing mental health at work.

Kim Huckerby, renowned as Australia's Leading Mental Health Speaker and Workplace Wellness Educator, guides her audience through an insightful exploration of the intersection between technology and mental wellness in contemporary work environments.

She emphasises the need for individuals to set boundaries, manage screen time, and adopt a mindful approach to digital interactions. Through personal anecdotes and evidence-based strategies, Kim empowers her audience to navigate the challenges posed by technology in supporting people and teams remotely and harness its potential for a positive impact on mental wellbeing.

She introduces practical and actionable habits that individuals can cultivate to support their mental health in the digital age. From incorporating mindfulness practices to fostering supportive online communities in the office, attendees gain valuable tools to enhance their wellbeing while navigating the challenges of a tech-driven work environment.

By the end of this engaging keynote, attendees leave with heightened awareness, equipped to foster digital resilience within themselves and their teams. Kim's impactful insights provide a roadmap for individuals and organisations to not only survive but thrive in the dynamic and tech-driven world of modern work environments.

Key Takeaways

Mindful Tech Engagement:

- Prioritise conscious and intentional use of technology by establishing clear boundaries and effectively managing screen time.
- Cultivate a mindful approach to technology usage, ensuring a healthy balance between online and offline activities.

Embracing Change:

- Address the psychological impact of rapid technological advancements and organisational changes by focusing on building resilience.
- Acknowledge and navigate the challenges presented by constant change, fostering a culture that encourages adaptability and psychological well-being.

Leadership Mastery:

- Creating a workplace culture that prioritises mental health.
- Implement policies and support systems to address challenges posed by technology, ensuring a supportive environment for the wellbeing of the team.

THIS KEYNOTE IS IDEAL FOR LARGE STAGES AND EVENTS. PAIR IT WITH OTHER AI, DIGITAL, AND EMERGING TECH PRESENTATIONS TO PROVIDE A RESPONSIBLE, BALANCED PERSPECTIVE ON TODAY'S WORKPLACES.

BEYOND THE SURFACE.

IDENTIFYING SUBTLE WORKPLACE DISTRESS



Overview

Acknowledging the evolving nature of workplace dynamics and the increasing importance of mental wellbeing, Kim Huckerby, renowned as Australia's Leading Mental Health Speaker and Workplace Wellness Educator skillfully navigates the complexities of recognising and addressing subtle signs of distress within the workplace.

Drawing on the latest research in organisational psychology and human behaviour, and over 20 years on the mental health front lines, the keynote explores the nuances of subtle distress signals often overlooked.

Through real-world examples and case studies, Kim sheds light on various forms of subtle distress, such as burnout, dissatisfaction, or feelings of isolation.

Attendees will gain insights into how these issues manifest in behaviors, attitudes, and work quality, empowering leaders, HR professionals, and colleagues to foster a positive and supportive workplace culture.

Kim's keynote doesn't stop at identification; it offers practical strategies and tools to effectively address and mitigate workplace distress. She shares communication techniques, empathy-building skills, and strategies for creating an environment that encourages open dialogue about mental health.

Key Takeaways

Recognising Subtle Distress:

- Identify non-verbal cues: Learn to recognise subtle signs of distress through body language, facial expressions, and other non-verbal cues.
- Understand behavioural shifts: Recognise changes in behavior, work patterns, and communication that may indicate underlying workplace distress.

Communication Mastery:

- Foster open dialogue: Create an environment where employees feel comfortable discussing mental health, promoting open communication and reducing stigma.
- Equip leaders with empathy: Provide leaders with tools to communicate empathetically, fostering a supportive atmosphere where team members feel heard and valued.

Building a Supportive Workplace Culture:

- Encourage peer support: Promote a culture of peer support, encouraging colleagues to check in on each other and offer assistance when needed.
- Prioritise work-life balance: Emphasise the importance of work-life balance and encourage boundaries to prevent burnout and dissatisfaction.

THIS KEYNOTE (OR WORKSHOP) GOES WELL-BEYOND THE STANDARD WELLBEING TALK. WE'LL GET PRACTICAL AND GRITTY IN THE NAME OF REALLY MAKING A DIFFERENCE TO THOSE WHO ARE AT RISK OF BURNOUT, MENTAL HEALTH CRISIS AND MORE.

EVERY WORD COUNTS.

HARNESSING THE POWER OF LANGUAGE TO IMPROVE MENTAL HEALTH

Overview

In the ever-evolving landscape of contemporary leadership, the impact of a leader on the mental health of their team holds unparalleled significance. "Every Word Counts" stands as a compelling keynote presentation that delves deep into the profound influence leaders wield through the language they choose.

Kim Huckerby, renowned as Australia's Leading Mental Health Speaker and Workplace Wellness Educator, brings her expertise from 20 years on the mental health frontlines to the forefront as she skillfully guides her audiences through an enlightening exploration of language.

The central theme of the keynote revolves around the twin pillars of intentionality and empathetic listening. By consciously choosing their words and fostering a climate of empathetic understanding, leaders can actively shape a workplace environment that is not only conducive to heightened performance but also places the holistic wellbeing of team members at its core.

Through this deliberate approach, leaders become architects of a workplace culture that transcends conventional notions of success, intertwining professional achievements with the overarching wellbeing of individuals.

This transformative keynote intricately explores the myriad ways in which leaders can actively contribute to creating a positive and supportive environment, thereby fostering a workplace culture that prioritises and enhances the mental wellbeing of team members.

Key Takeaways

The Language of Empowerment:

- Explore the transformative potential of words, unraveling their ability to inspire and uplift team members.
- Highlight examples of successful leaders who have harnessed the power of language to motivate and empower their teams.

Navigating Challenges with Compassion:

- Discuss the crucial role of empathy in communication and its impact on bolstering team resilience.
- Provide guidance on approaching conversations about mental health with sensitivity and openness, creating a supportive environment.

Fostering Inclusivity and Belonging:

- Emphasise the importance of inclusive language in creating a profound sense of belonging within teams.
- Showcase case studies of leaders who have effectively promoted diversity and inclusion through thoughtful communication.

THIS KEYNOTE (OR WORKSHOP) BRINGS KIM'S PASSION FOR COMMUNICATION TO THE FORE. IT'S PERFECT FOR NEW TEAMS, HIGH PERFORMING TEAMS AND THOSE STRUGGLING. LEADERS LOVE IT AND EXECUTIVES OFTEN NEED IT!

MORE KIND WORDS.

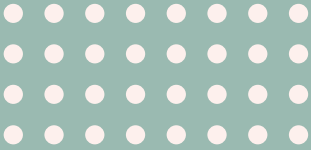
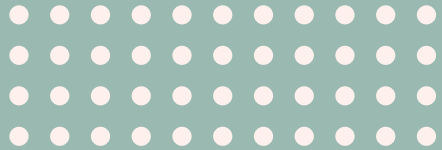
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Kim was an amazing instructor. I wasn't too sure on what to expect going into the course but leaving I have a range of new knowledge that I know I'll need/use at some point. Kim was able to give all the information in what felt like a safe environment. Kim held the audience's attention the whole time... I highly recommend Kim! Thank you!

AFL NSW/ACT



SEE KIM IN ACTION.



EVEN MORE KIND WORDS.



Thank you for running Mental Health Awareness sessions for our Account people. Kim is an expert in delivering mental health awareness training and strategic support in the corporate workplace. The Wellbeing of our people is a priority, and we are excited Kim is able to provide the awareness training and resources for this important matter.

ACCENTURE



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