



# 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 world's leading evangelist for what has become known as the Slow Movement.”  
**The Sunday Edition, CBC Radio**

"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**

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# BIOGRAPHY



Carl Honoré is the voice of the Slow Movement. His bestselling books on the benefits of slowing down are published in 36 languages. His online videos, including two TED Talks, have racked up more than 10 million views.

Carl's book, *Under Pressure*, is a blueprint for raising children in a fast world and was hailed by *Time* as a “gospel of the Slow Parenting movement.” Carl presented a television show called [\*Frantic Family Rescue\*](#) on Australia's ABC 1. He also spent three years on the Board of Trustees of the Hewitt School in New York City.

Carl speaks to teachers, parents and pupils all over the world. Whether online or in-person, his keynotes and workshops are dynamic, inspiring, informative and full of humour. His message is simple, counterintuitive and game-changing: **to thrive in a fast world, you have to slow down.**

**Carl is a father of two.**



## KEYNOTE TOPICS

### **1. SLOW PARENTING: Helping Children Thrive in a Fast World**

Children need the time and space to explore the world on their own terms, to play freely, to rest and reflect, to get bored even. Children need slowness.

They also need us, as parents, to slow down.

Touching on themes ranging from technology and extracurricular activities to schooling and safety, Carl shows parents how to help their children live at the right pace.

Carl shows how slowing down helps children thrive in a fast, competitive world.



# KEYNOTE TOPICS

## 2. SLOW EDUCATION:

### Teaching Children in a Fast World

Drawing on examples from around the world, Carl shows how slowing down can supercharge a school:

By building resilience, social skills and emotional intelligence. By boosting analysis, learning and debate. By unleashing a creativity revolution.

**NB:** Carl also offers workshops for pupils of all ages and for teachers. Attendees learn how to identify where the pressure to rush is coming from – and how to resist it.

Carl shares practical steps for slowing down school life and bringing everyone (staff, parents, pupils) along for the ride.

# TESTIMONIALS

"Carl Honoré was a brilliant speaker at our school district's virtual conference for teachers, administrators and support staff. He delivered a keynote and workshops on building resilience, emotional intelligence, social skills, and creativity. Carl was the perfect speaker to help our community learn about Slow education in a fast world - it was life changing!"

**Vanessa Coray**

Professional Development Coordinator School  
District #47 Powell River, Canada

"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, USA

"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 UK

"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



"We were elated to have Carl Honoré as our keynote speaker at our first virtual Inspiring Early Learning Conference. This past year has been one of uncertainty and change as we have navigated the global pandemic. Educators have been asked to work in new ways with children and families. Carl's messages about taking time to slow down and be in the moment were so timely. He gave our community so much 'food for thought' about how the cult of speed is impacting our lives and ways to consider how we might rethink some of our practices. We found the strategies he shared about supporting children to slow down, have quiet time and be in nature, validated our shifting practice as we learned lessons from this past year. We valued his knowledge, research, and humour and will bring forward his messages into future communities of practice. Thank-you Carl, it was a pleasure working with you!"

**Beckie Evans**

Quality Coordinator Investing in Quality  
Peterborough, Canada

"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



“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  
Tiverton, UK

“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 UK

“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**

Director International Physical Literacy Conference  
Jasper, Canada

“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

"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

# PAST CLIENTS



## **Eton College**

Windsor, UK

## **Hewitt School**

New York City, USA

## **National Education Congress**

Katowice, Poland

## **Alberta Teachers Association**

Edmonton, Canada

## **Kensington Preparatory**

London UK

## **Mary Institute and St. Louis Country Day School**

St. Louis, USA

## **South Devon Steiner School**

Totnes, UK

## **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

## **Orchard House School**

Richmond, Virginia

## **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

## **Wimbledon High School**

London, UK

## **Latin American Heads Conference**

São Paulo, Brazil

## **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

CLIENTS

**PHOTOS OF CARL**

*<https://tinyurl.com/rzqxhas>*

**CONTACT**

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**Carl Honoré**