



# Carl Honoré

“Carl Honoré is a perspective shifter. His humorous, fact filled, inspiring talk on aging should be watched across generations. He not only changed my limiting beliefs, but he also made me look forward to growing older.”

**Sheila D. Collins**  
**Senior Advisor**  
**AARP Innovation Labs**

"Carl has a unique gift for storytelling and challenging each of us for individual action. His energy and ability to connect personally with experiences and data created momentum that we could feel across our audience!"

**Marlene Raasok**  
**Healthy Aging Summit, Alberta**

“Carl was fantastic and well loved by the conference attendees. He kicked off our conference perfectly and we felt lucky to have him.”

**Kaitlin Kalniz**  
**Caring Communities, Chicago**



“Tackling ageism is a steep climb, but Carl left our audience primed to take the hill. His message was spot-on. Our audience gave rave reviews, and we couldn’t have been more pleased.

**Calgary Seniors’ Resource Society**

“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**

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# BIOGRAPHY



Carl Honoré is an award-winning writer, broadcaster and speaker. His bestselling books have been published in 36 languages. His second TED Talk is called [Why We Should Embrace Aging As An Adventure](#). His online videos have more than 10 million views.

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

Carl's latest book, *Bolder*, explores how we can age better and feel better about ageing. It's a spirited takedown of ageism and a blueprint for harnessing the new longevity. *Bolder* was a BBC Radio 4 *Book of the Week* and a *Reader's Digest Book of the Month*.

In 2024, Carl was named as an Advocate for Aging by the American Society for Aging and Next Avenue.

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



## SPEAKING TOPICS

# #1 How To Age Better – And Feel Better About 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. Bottom line: there has never been a better time in history to grow older.

Drawing on the latest science, personal experience and case studies from around the world, **Carl inspires audiences to embrace ageing as both a privilege and an adventure.**



## SPEAKING TOPICS

# #2 How To Tap The Power Of A Multigenerational Workforce

Conventional wisdom tells us that an ageing workforce is a bad thing. Conventional wisdom is wrong. Older workers are productive, creative and socially adroit. They also have a strong yen to help others. No wonder mixed-age teams perform better on every metric.

Drawing on the latest research and on case studies from around the world, **Carl shows how your organisation can thrive by embracing older staff and multigenerational working.**



# 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)

"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)

"An amazing public speaker who 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

TESTIMONIALS

“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  
Montréal, Canada

“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

“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)

“All the feedback for Carl’s talk was universally positive - it was absolutely spot on for our audience.”

**Liz Drury**  
u3a

# 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)

## **u3a**

(United Kingdom)

## **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)

## **Vacation Is A Human Right**

(Dominican Republic)

**PHOTOS OF CARL**

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

**CONTACT**

*[contact@carlhonore.com](mailto:contact@carlhonore.com)*



**Carl Honoré**