



KARI SUTTON

Keynote Speaker | Educator | Author

Experienced Speaker, Educator and Facilitator determined to help parents, grandparents, carers, early childhood educators and teachers plant the seeds of mental fitness, resilience and emotional wellbeing to lift our future generations.

FURTHER INFO

Kari Sutton is a mental fitness game changer. Graduating in the early 90's she began her career working with children who had suffered significant abuse, undertaking research with colleagues about the effects this had on their social and emotional wellbeing and how this could be ameliorated. This research, combined with her work with over 25,000 children, parents, educators and other adults who care for kids, and 22 years of volunteering with Camp Quality, meant she was determined to change the conversation about how we promote good mental health in kids.

After meeting the founder of Positive Psychology, Dr Martin Seligman, Kari began implementing this new science into her work as a teacher and Guidance Counsellor. She did so, not realising how life-changing it would be - for both her and her students. Having embedded the learning into her life and work, Kari now shares her insights and strategies on how to future proof our kids, so they are mentally fit and able to bounce back from adversity.

During her 25-year career in education she had a front row seat dealing with the escalating crisis in children's mental health – describing it has having been an enduring witness to what she now terms parental heartbreak - and is determined to change the way we cultivate children's positive mental health. Kari brings an in-depth understanding of how to foster children's mental fitness, and has spoken at over 120 events both in Australia and internationally, worked with over 200 schools and delivered over 500 workshops for businesses, educators, early childhood professionals, carers, and mental health practitioners.

WHY BOOK KARI

Kari Sutton leaves you and your audience empowered with confidence that you have what it takes to help the children in your life thrive.

Kari is a vibrant, entertaining and experienced speaker. She has presented at over 500 events ranging from large conferences to customised workshops for small groups and is known for her ability to skilfully synthesise cutting edge science into practical tools and strategies to plant the seeds of resilience, emotional wellbeing and mental fitness in our children.

Kari has been described as engaging, memorable, authentic and inspiring and has wowed audiences both in Australia and overseas leaving them with value that lasts well after she has finished speaking - and always wanting more.



WHY KARI'S WORK MATTERS

The nature of children's health around the world is changing; there is now a 'new morbidity' occurring, with mental health conditions and suicide taking centre stage. If left untreated anxiety and depression severely influences children's development, their educational attainments and their potential to live fulfilling and productive lives.

KEYNOTES

BUILDING KIDS WHO BOUNCE

During Kari's two decades of volunteering experience at Camp Quality, she recognised that despite the life-threatening illnesses these children were battling, they were remarkably positive. By contrast, back in the schools she was working in too many children struggled with depression, social anxieties and mental illness. Feeling confronted by seeing this contrast between such seriously ill children, who seemed so resilient, and well children, who struggled with their mental health, Kari's thinking about the building blocks of mental health was challenged.

In "Building Kids Who Bounce" Kari reveals the protective factors and evidence-based strategies that contribute to the creation of resilient kids. She identifies how these easy to implement tools and strategies are the building blocks of mental fitness and resilience in our kids- and encapsulates how we, as significant adults in their lives, can help them develop mental fitness habits that prevent them from falling down the dark hole of anxiety, depression and self-harm.

BRAVE BRAINS ARE BUILT NOT BORN

Kari lets her inner scholar sparkle as she deconstructs cutting edge research from the fields of child development, neuroscience, interpersonal neurobiology and positive psychology to illustrate how we can become brain building superstars.

In "Brave Brains are Built not Born" Kari cuts through decades of childhood development research to outline what we can do to foster children's healthy brain development and make them more resilient. Revealing practical science backed strategies and skills that adults can utilise to help children's brains thrive, she shares the 7 best building blocks for brain development that parents, educators, and other people who care for kids, can immediately implement.

WHAT CHILDREN REALLY, REALLY WANT

Have you ever wondered what your children really want from you? As parents, and other caring adults, we worry about messing things up. We long to do the things that matter, the things that will shape their futures in a positive way, the things that will stick with them and help them thrive in the uncertain future they're headed into.

In "What Children Really, Really Want" Kari carves through the overwhelming amount of information to distil the top 10 things children really, really want from us, and equips us with practical concrete strategies and ideas we can easily embed in their everyday lives. In this day and age of "newer and bigger is better" Kari will remind us to look through children's eyes and that it really is the simple things that make the biggest impact.



WHAT OTHERS SAY

"As an educator with over 20 years teaching young people and leading school organisations, the work and message from Kari is essential in saving our next and most important generation."

Geoff Smith

"Spellbound from the first words. Valuable, insightful and impactful, Kari drives a conversation about the role and importance of resilience in our children's health and happiness. She leaves you with actionable tips to increase resilience in your own kids."

Sara Hales, CEO & Founder, The Bold Effect

"Kari is a very engaging, positive person, whose friendly and approachable manner allows her to rapidly build rapport with delegates. Her presentation was informative, entertaining and thought provoking. A fantastic speaker, uplifting, motivating, I would easily recommend Kari as a speaker for any organisation and feel confident we will have her present again in the future."

Heather Bennet, Australian Council for Educational Leaders

BOOKING

Workshop Facilitation | Price confirmed on briefing

Keynotes & Conference Speaking \$4,500 | Breakout/Plenary Sessions \$3,000*

Plus travel expenses where applicable

Business Presentations POA | Charities and Not For Profits please contact for 'Sponsored Talks'

All pricing is GST Exclusive.

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