



## Carl Honoré

### The Voice of the Slow Movement

*"World's go-to guy on SLOW"*

Carl Honoré is an award-winning journalist and is best known for his advocacy of the Slow Movement – a global revolution that champions quality over speed in every aspect of life, from work and health to parenting and travel. His thought-provoking insights have inspired individuals and organisations worldwide to embrace a more balanced and fulfilling way of living.

#### TOPICS:

- Slow Down, Power Up
- Finding your Inner Tortoise
- Why We Should Embrace Aging as an Adventure
- Coping with Stress
- Harnessing the New Longevity
- Slow Parenting: Helping Children Thrive in a Fast World

#### IN DETAIL:

Carl is also a leading authority on the new longevity and the power of multigenerational working. He has delivered TED Talks and keynote addresses for audiences across the globe, from Fortune 500 companies and educational institutions to governments and cultural organisations. Carl made a TED course called How To Slow Down, hosted The Slow Coach, a series for BBC Radio 4, and presented Frantic Family Rescue, a television show on Australia's ABC1. His online keynotes have more than 10 million views.. He has been described by The Wall Street Journal as the "godfather of the Slow Movement" and continues to be a sought-after voice in discussions about well-being, productivity, and mindful living. In 2024, Carl was named as an Advocate for Aging by the American Society for Aging and Next Avenue.

#### LANGUAGES:

He presents in English, French, Spanish, Italian and Portuguese.

#### WHAT HE OFFERS YOU:

Carl offers a transformative perspective that resonates across industries and cultures. His engaging storytelling, combined with actionable insights, empowers audiences to rethink their relationship with time, enhance productivity, and improve overall well-being.

#### PUBLICATIONS:

<p><b>2022</b> It's the Journey, Not the Destination</p> <p><b>2018</b> Bolder: Making the Most of Our Longer Lives</p> <p><b>2013</b> The Slow Fix</p> <p><b>2008</b> Under Pressure: Putting the Child back in Childhood</p> <p><b>2004</b> In Praise of Slow</p>	<p><b>HOW HE PRESENTS:</b></p> <p>Carl's message is simple, counterintuitive and game-changing: to thrive in a fast world, you have to slow down. Carl's keynotes and workshops are dynamic, inspiring, informative and full of humour.</p>
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