



KATHERINE FLYNN

MENTAL HEALTH & PERFORMANCE DISRUPTOR | INNOVATOR | INSPIRATIONAL FEMALE SPEAKER

Katherine Flynn is a mental health disruptor and innovator. Graduating in 2000 in Psychology she was the researcher on the groundbreaking National Inquiry into Self-harm that spanned the UK. The evidence consolidated in that inquiry, work with Disney, National Schools Partnership, and a local branch of Australia's Youth Mental Health Foundation, meant she felt adamant about getting each of us to see mental health differently. After meeting the Founder of America's Medecins Sans Frontieres, the incredible Psychiatrist Dr David Servan-Schreiber, Katherine invited him to speak at her workplace. She did so not realising what she heard would be life-changing - for her and so many others. Having integrated the learning into her life and work, Katherine now shares the journey, through an awe-inspiring lens; leaving you with unique perspective and strategies to create a better future for you and your "team". After an International career that saw her leaning into the depths of how we currently respond to mental health, trauma, and performance, she is determined to forge a life and world-changing path, one encounter at a time.

KEYNOTE 1 **Embrace the Keynote - Discover Your Personal Power**

In this powerful keynote Katherine will convince you to embrace the stuff you run from in your world, showing how extraordinary it can be in contributing to mental health and personal power; and how it accelerates our ability to adopt wisdom that results in profound change. And it's not always in the methods you would think of, but in the most unique approaches, that we often find the most success.

Katherine will take you deeper, into the role of acceptance and compassion, explores the physiology of "crazy" and how current mindsets around "fighting" mental illness create more panic - leading to less wellness. "Embrace the Crazy" discusses cutting edge strategies that get results and why. In a sector where some consider somatic practices unusual, expanded understanding of neuro-anatomy provides empirical foundations for including sensory and mindful strategies in recovery and wellness. Katherine provides body hack insights for those of us who want to know how to harness wellness and the power to perform. She will leave you wanting more and ready to embrace the crazy in your life.

KEYNOTE 2 **Mental Health and Well-Being from a Sensory-Rich Perspective**

In "*Mental Health and Well-Being from a Sensory-Rich Perspective*" you will see, hear, and feel how powerful these strategies can be in contributing to the mental health and well-being of those around you. Katherine identifies what makes sensory-based therapies different from conventional therapies, explores Your Virtual Reality (exposure through VR and the use of EMDR to heal trauma), considers regulation of "the engine" of the mind, and how the unique "drawbridge" in our brain provide us with some of the most transformational experiences - personally and therapeutically. This keynote looks at why sensory forms of healing may offer relief from what can feel like the "spin cycle" for clients working with conventional thought and belief-based therapies; and why the world of mental health has so much to learn from the world of dance.

Shifting from a career in mental health, researching the National Inquiry into Self-harm, Katherine took a role in promoting High School Musical; offering dance classes that touched more than 300,000 young people. Feeling confronted by seeing the contrast between this process and the outcomes of the Inquiry, Katherine's traditional thinking about mental health, how we promote it, and treat it, was challenged. She takes you on the journey and delivers you to a brand new destination, full of empowerment and surprises.

KEYNOTE 3 **Psychopathology and Sensory Evidence - The World That is Possible**

What could the world of psychopathology possibly have to do with dance? And how could this benefit you and give you insight into how to live your best possible life? Even more awesomely, what could this mean for the world we live in, where so many suffer from poor mental health? This keynote is where Katherine glows in her geekiness as she explores cutting edge research on the varieties of psychological and neurological disorders and the incredible evidence that suggests sensory therapies provide an array of life-changing benefits to clients. Katherine creates unique insights about why such change is possible, and how, the seemingly miraculous, is inherent in our neurological design. This is an exploration of how we bring our deepest desires for mental health change to life and how we can end so much of the suffering that faces us and our loved ones.

"Psychopathology and Sensory Evidence" further explores the role of sensory evidence with relation to structural brain changes in people with experience of suicidality and self-harm. It contemplates the impact of trauma, it's relationship with sensory input, identifies common themes and what further exploration can take place in the new frontier of sensory-aware therapy. It will leave you filled with hope and contemplating the action you can take to create a triumph of the senses in your personal and professional world.

Katherine has spoken at more than 100 events and delivered more than 50 workshops for businesses, mental health professionals., teachers, schools, carers, and those with lived experience

Katherine has worked with and been featured by:



BBC
RADIO



Keynotes \$6000 | Travel expenses where applicable | Business Presentations POA | *Charities & NFP contact for "Sponsored Talks"

CLICK HERE TO BOOK KATHERINE NOW

THE KEY IS TO CREATE A TRIUMPH OF THE SENSES

*Katherine Flynn is from sunny Queensland,
where she lives with her neurodiverse family,
including her son Jasper.*

Our goals in life are less about thinking than we realise. After all, we live life with five senses - we mustn't rely solely on our minds for our journeys of recovery, wellness, and success. We can create a triumph of the senses.

Embrace the sensory and find victory today.

For further queries contact here.



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