

2025 SAMPLE SPEAKER



SESSION THEMES

Sessions centre on my lived experience of surviving and thriving after loss by suicide and a decade of working as an internal communicator. They are suitable as organisation-wide engagements or for groups of MHFAs, managers, leaders or staff networks. In-person or virtual events can be tailored to your specific needs and objectives.

CONFIDENT CONVERSATIONS

These sessions complement formal training with a deeper understanding of loss by suicide and what support may be needed as well as offering an opportunity to ask questions in a safe and confidential space.

For: MHFAs, Wellbeing Champions, HR teams and employee networks

Takeaways: These interactive sessions offer a safe, open forum to ask questions and explore ways to confidently support a colleague who may be struggling with suicidal thoughts or dealing with the loss of a loved one to suicide.

GETTING TO GRIPS WITH GRIEF

These sessions offer a platform for reflections on sudden loss and grief and the practicalities, sensitivities and complexities surrounding this subject.

For: Managers, people leaders and HR teams

Takeaways: A deeper understanding of what grief looks like, what challenges, responsibilities and practicalities a bereaved person may be facing, and a better appreciation of how it can feel to return to work after compassionate leave.

HARNESSING HOPE

These sessions share the story of horror to hope and the emergence of resilience and optimism following tragedy and crisis.

For: Mixed groups and whole organisations

Takeaways: A greater appreciation of the impact of loss by suicide, an opportunity to start addressing suicide-related stigma in the workplace and beyond and a platform to inspire and ignite critical and meaningful conversations.

Value your workforce, coach your managers and leaders, boost employee wellbeing and build a stronger, more resilient culture.

“Caroline’s ability to tell her story in such a powerful and captivating way held all of us in the session, and created a safe space to start the conversation about suicide.”

Jane | People Manager

