

# Kim Huckerby

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## ***Mental Health Speaker and Workplace Wellness Educator***

Kim Huckerby draws from over two decades of diverse experience as a Social Worker, Educator, Mentor and Thought Leader on the front lines of mental health. With a clear mission to cultivate world where everyone possesses the skills to support those in need, Kim's passion and expertise instill confidence and assurance in her audience.



Kim's empowering approach to mental health and wellbeing, coupled with her infectious positivity, renders her an invaluable asset to organisations and event managers seeking to enhance workplace culture and challenge outdated and unhelpful mental health stigmas.

Her ability to connect authentically with individuals from all backgrounds underscores her commitment to equipping leaders at all levels with the knowledge, tools and confidence necessary to promote mental wellness.

### ***What Kim Huckerby speaks about:***

#### **Who is Going to Thank You for Burning Out?**

This keynote provides attendees with valuable insights into the detrimental effects of burnout as well as practical strategies to prioritise self-care, creating more sustainable and mental healthy workplaces.

#### **Are You Ok? What if the is Answer is No?**

This keynote equips individuals and teams with the tools and skills to identify mental health concerns and employ effective communication strategies to support themselves and their peers.

#### **Digital Resilience**

This keynote has been designed to explore the human side of technology, emphasising the role of digital awareness in maintaining and enhancing mental health at work.

#### **Beyond the Surface**

This keynote is packed with communication techniques, empathy building skills and strategies for

creating workplace environments that encourage open dialogue about mental health.

## Every Word Counts

This keynote equips leaders to actively shape a workplace environment that is not only conducive to heightened performance but also places the holistic wellbeing of team members at its core.

## Client testimonials

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“ Kim as a presenter was experienced, engaging and most importantly, real. There was great group engagement and lots of practical examples and interaction with all participants. Kim gave us many useful tips and practical takeaways that were clear and could be applied immediately. The session was well structured and easy to follow due to Kim's accessible presenting and professional but casual style. We will definitely work with Kim again.

- *Ralph Lauren*

“ Kim was an amazing instructor. I wasn't too sure on what to expect going into the course but leaving I have a range of new knowledge that I know I'll need/use at some point. Kim was able to give all the information in what felt like a safe environment. Kim held the audience's attention the whole time.... I highly recommend Kim! Thank you!

- *AFL NSW/ACT*

“ Kim was outstanding and had a lot of practical experience in the field which helped us immensely in bridging the gap between theory and real life.

- *Mastercard*

“ The Wellbeing Affect has provided valuable MHFA training to members of our Youth Reference Group and we're looking forward to more in the future. Kim is always so lovely and helpful with many of our YRG members, and they have mentioned what a great facilitator she is, as well as being so knowledgeable. I recommend Kim Huckerby to everyone in search of equipping themselves with the essential tools and awareness surrounding mental health.

- *Headspace*

“ The Wellbeing Affect team have been running MHFA training for our students and staff since early 2021. The feedback from our participants has been fantastic and the instructors integrate information on our specific services to give a tailored approach along with the evidence-based training. We recommend TWA for other large organisations wishing to build a mental health literate workforce.

- *UNSW Health Promotions*

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[VIDEO OF SPEAKER](#) 