

CHRIS BARÉZ-BROWN

SPEAKER, AUTHOR AND
FOUNDER OF TALK IT OUT



“A long-haired, twinkly eyed cross between Richard Branson and a wizard.” THE GUARDIAN

Chris Baréz-Brown is on a mission to make the world spin better for everyone, by looking after peoples mental and emotional wellbeing.

1 billion people are suffering with poor mental wellbeing, right now. Two thirds of whom won't speak to another human as they're worried about stigma, or they lack any form of quality, affordable mental health care. Chris created *Talk It Out* to put a dent into this global suffering by getting support to the people who need it most.

“A born entertainer, a natural, he always knows what's needed. Working with Chris has changed my life”.

HEAD OF GLOBAL INNOVATIONS, PFIZER

He started his career in the British Army, but quickly realised he was a lover and not a fighter. Taking an about turn into brand management, innovation and leadership, he spent over a decade as a director of global consultancy *What If! Innovation*.

As a speaker, Chris has a natural ability to bring out the potential in everybody, leaving his audiences inspired, energised, thinking a little differently about the world they live in and reconnected with their inner genius. In his keynote speech, Chris explains why as humans we're simply not designed for the lives we are living right now and how those challenges are showing up in our daily lives.

Chris explores how processing our subconscious thoughts and emotions, helps us to understand how they impact the way we show-up, so we have choice on how to deal with them, putting us back in control of how we're living and working. He leaves his audiences with a sustainability package in the form of access to the *Talk It Out* app, which has been proven in research with the *NHS* to reduce anxiety, increase satisfaction with life, and even boost productivity.

Chris regularly works with leading global brands including *Nike*, *Coca-Cola*, *Diageo* and *Unilever*, and has had his work with *Talk It Out* featured in the wellbeing app, *Calm*, exploring how connecting our conscious and subconscious brains aid our wellbeing.

TALK IT OUT: A KEYNOTE WITH SUSTAINABLE IMPACT

When it comes to our mental and emotional wellbeing, what we think is what we feel.

The challenge is that 95% of how we feel comes from our subconscious, which means most of us have no idea why we're having a good day versus a bad one. *Talk It Out* is a simple, human and proven way to look after your mind a little like going to the gym and eating well looks after your body.

After his keynote speech, Chris shares the *Talk It Out* app with his audience, equipping them with tools and skills they can deploy to manage their wellbeing beautifully every day.

Chris Baréz-Brown is a modern day prophet. He has a gift ... an uncanny ability to inspire change agents in my organization. Everything he touches turns to gold and shines brightly.

KEITH WILMOT, THE COCA-COLA COMPANY