Laura Hearn

Mental Health Advocate & Consultant, Renowned BBC Journalist & Storyteller

Turning Your Struggles into Strengths In this keynote, renowned journalist and mental health advocate Laura Hearn speaks openly about her own experiences overcoming adversity — including eight months in an inpatient treatment centre healing from an eating disorder. As she reflects upon her own story, she shares the strategies that helped her turn her biggest struggles into her greatest strengths and how anyone can do the same. Hearn's actionable advice for managing mental health focuses on embracing challenges, find opportunities for growth in adversity, and developing a resilient mindset that unlocks the potential within and enables success.

From Headlines to Heartstring: Mastering Storytelling for Your Business In this captivating keynote, Laura Hearn invites audiences on a riveting exploration into the transformative impact of storytelling on their businesses. Through her captivating anecdotes and practical insights gleaned from close to two decades as a BBC journalist, she demonstrates the art and science of crafting compelling brand narratives to foster authentic connections, and reveals how storytelling can transform communication, inspire action, and drive positive business outcomes.