



Dr Lucy Hone

Keynote Speaker



What does it really mean to be resilient? Are some people born with a resilience gene or can it be taught? Can resilience truly help put us back in the driver's seat of life? If so, how? These are some of the questions that Global Authority on Resilience Dr Lucy Hone addressed last year, with 30,000 people globally, in keynotes and training sessions focused on creating Realistic Resilience Practices that work.

A renowned global expert on resilience, the Director of the New Zealand Institute of Wellbeing & Resilience, and blogger for Psychology Today, Lucy offers a one-of-kind perspective - sharpened through academia but also deeply personally applied in response to a devastating tragedy. Her focus on helping people and organisations create practical resilience strategies is a call to action in light of many feeling resilience fatigues.

Lucy's mission to translate the best of resilience psychology for everyday practice inspired her to create a keynote entitled, Three Secrets of Resilient People, which became one of the most-watched TED talks during the pandemic, with over 9 million views and has been translated into 15 languages.

Known as a respected change agent on this timely topic, Lucy is also an award-winning ~pracademic with a Masters's degree in resilience psychology from the University of Pennsylvania and a Ph.D. in wellbeing science/public health from AUT University in Auckland.

A Bestselling Author, Lucy's books include Resilient Grieving, which details how she coped with her own unimaginable personal loss, and her latest book, The Educators Guide to Whole-School Wellbeing, which addresses challenges faced by schools wanting to improve wellbeing in their school communities.

Lucy has helped millions of people realize that an energized, meaningful, joy-filled life is attainable no matter the challenge that lies in front of you