

CARL HONORÉ

“THE SLOW REVOLUTION”.
GLOBAL GURU ON THE “SLOW MOVEMENT”.
BESTSELLING AUTHOR, “THE SLOW FIX”.



Carl Honoré is an award-winning writer, broadcaster and TED speaker. As the global guru on the **Slow Movement**, he travels the world to teach individuals and organizations how to power forward by slowing down.

He hosts a podcast called ***The Slow Revolution*** and his TED talk on the benefits of slowing down has been viewed 2.7 million times.

TOPICS

- ✓ **Slow Wins The Race**
- ✓ **The Slow Fix**
- ✓ **The Slow Revolution**
- ✓ **Raising Children in a Fast World**

Whether running a small workshop or speaking to thousands from the stage, Carl is dynamic, inspiring, insightful and funny. His audiences range from C-suite executives, entrepreneurs and IT professionals to teachers, academics and medical practitioners. His clients range from Microsoft, Barclays and Reuters to Citibank, Accenture and Unilever to McKinsey, L'Oréal and Haagen Dazs. He also speaks to parents and teachers in schools around the world.

Carl featured in a series for BBC Radio 4 called ***The Slow Coach*** in which he helped frazzled, over-scheduled Britons slow down. He presented a TV show (ABC 1) called ***Frantic Family Rescue*** where he did the same for families in Australia.

Before spearheading the **Slow Movement**, Carl spent a decade working as a journalist. He covered Europe and South America for the *Economist*, *Observer*, *Miami Herald*, *Houston Chronicle*, *Time*, *National Post* and other publications.

His first book, ***In Praise of Slow***, examines our compulsion to hurry and chronicles a global trend toward putting on the brakes. His second book, ***Under Pressure***, explores the good, the bad and the ugly of modern childrearing – and offers a blueprint for change. It was hailed by *Time* as a “gospel of the Slow Parenting movement.” Carl’s latest book, ***The Slow Fix***, explores how to tackle complex problems in every walk of life, from health and relationships to business and politics, without falling for superficial, short-term quick fixes.

Translated into 35 languages, his books have landed on bestseller lists in many countries. *In Praise of Slow* was a BBC Radio 4 *Book of the Week* and the inaugural choice for the *Huffington Post* Book Club. It also featured in a British TV sitcom, Argentina’s version of Big Brother and a TV commercial for the Motorola tablet. *Under Pressure* was shortlisted for the Writers’ Trust Award, the top prize for non-fiction in Canada.

Carl recently joined the Advisory Board of **Jack Media**, which makes a Slow messaging app. He also sits on the Board of Trustees of **Hewitt School in New York City**.