

nick kenny

SPEAKER | FACILITATOR | TRAINER

Nick Kenny is a **keynote speaker and facilitator** with over **ten years of experience**, Senior Facilitator with the Speakers Institute, and creator of the 'Mental Wealth' and 'Youth Unplugged' programs. He holds a Bachelor of Arts (honours), a Diploma of Counselling, a Master of Politics and Public Policy, and a Postgraduate Diploma of Psychology.

However, this didn't come easily. Growing up with a quadriplegic father, an ADHD diagnosis, and decades of addiction to drugs and alcohol, Nick struggled with mental health throughout his entire life. In 2019, he hit rock bottom. Nick re-evaluated his life, transformed himself through the power of habit, and became obsessed with personal growth and positive psychology.

Since then, he has helped over **15,000 students, parents and educators** in more than **100 schools** take ownership of their mental health through workshops and keynote presentations. He has appeared on SBS Insight discussing mental health and addiction, helped thousands of people through the SMART Recovery program, and his one-minute "Mental Wealth" videos have attracted more than 40,000 Instagram followers.

"Very inspiring,
very engaging, and
lots of practical tips"

Robin Chand
Principal, Killara High School

"I just can't express
enough how
awesome this was"

Ava, year 12 student
St Luke's Grammar

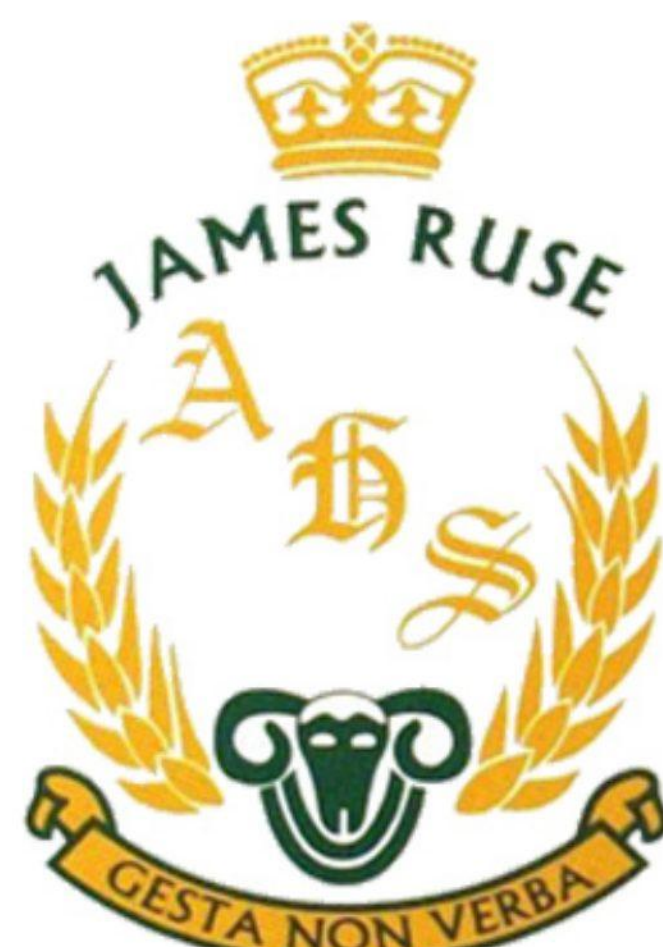
"Incredibly impactful"
Megan Saffioti

P&C President
Hamilton South Public

"100% would highly
recommend"

Shannon Cameron
Vice-President
NSW PDHPE Teachers Association

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MENTAL WEALTH

How to Build Relationships, Resilience and Results

RESPECT & CONNECT

How to Drop the Need to be 'Liked' and Learn How to be Loved

Positive relationships are the foundation of wellbeing. In this engaging, interactive and powerful workshop, students will learn how to navigate new and existing relationships in a way that leave them feeling respectful, respected, and connected.

STUDENTS

- ✔ Practice effective non-verbal skills for better communication
- ✔ Identify and avoid the most common conflict resolution mistakes
- ✔ Discover the "LOVES" method to improve connection & belonging

(Recommended year 10)

MENTAL WEALTH

How to Build Your Resilience Bank

Resilience is a skill. This workshop will show students how to change their brain and take charge of their lives through simple daily habits. They will leave feeling confident and capable to build their own 'resilience bank'.

STUDENTS

- ✔ Discover the five "giant leaps" for better mental health resilience
- ✔ Practice a 60-second reset for emotional regulation
- ✔ Use the "happiness edge" to improve motivation & engagement

(Recommended year 11)

DRIVE

How to Maximise Results and Optimise Stress

Motivation, confidence and mental health are the top three barriers reported by older students in the way of achieving their goals. This workshop shows students how to embrace stress, overcome obstacles, and create habits for success. They will leave feeling empowered and inspired to dream big and act now.

STUDENTS

- ✔ Learn the science of discipline & focus for lasting results
- ✔ Take responsibility to embrace healthy stress & challenge
- ✔ Discover how to 'fail forward' to overcome procrastination & fear

(Recommended year 12)

MENTAL WEALTH FOR FAMILIES

How to Build Relationships, Resilience & Results at Home

It starts at home. Inspired by the PERMA+H model of positive psychology plus proven communication tools, this session invites parents to build relationships and resilience at home, leading to results in school and life. They will leave feeling empowered to help the family build their strongest 'resilience bank'.

PARENTS

- ✔ Learn the "LOVES" method to communicate with courage & compassion
Use the "happiness edge" to improve motivation & engagement
- ✔ Discover the five "giant leaps" for better mental health & resilience

MENTAL WEALTH FOR STAFF

How to Build Relationships, Resilience & Results at School

Wellbeing is a culture. This interactive workshop will give staff simple and effective tools to use with their colleagues, in their classrooms, and by themselves. They will leave feeling confident and capable to hold better conversations, help students in distress, and most important of all - build their own 'resilience bank'.

STAFF

- ✔ Use the "happiness edge" to improve engagement & retention
- ✔ Discover the five "giant leaps" for better mental health & resilience
- ✔ Learn the "LOVES" method to build connection & belonging



➔ LET'S TALK

