

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

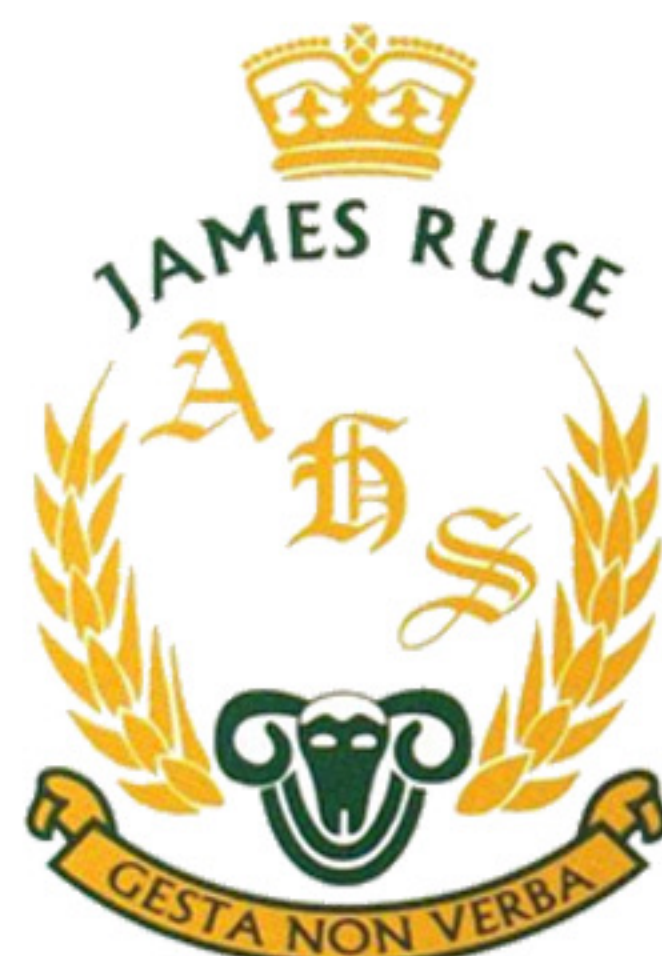
"Incredibly impactful"
Megan Saffioti

P&C President
Hamilton South Public

"100% would highly
recommend"

Shannon Cameron
Vice-President
NSW PDHPE Teachers Association

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YOUTH UNPLUGGED

How to Master Your School's Digital Health

Social media and digital devices still top the list of school wellbeing concerns. They are fuelling a focus and mental health crisis, disrupting families, fun and friendships, and impacting learning at home and at school.

In these high-impact sessions, students, staff and parents will learn the latest research and insights, plus simple and practical tips to take control of their digital world. They will leave feeling confident and capable to make a lasting and meaningful change.

YOUTH UNPLUGGED

Six Tricks Your Screen Hides From You

Students learn:

- ✓ The impact of devices on sleep, focus and friendships
- ✓ How to outsmart the tricks of addictive apps
- ✓ Seven simple tips to reclaim time and attention
- ✓ The #1 move to protect their brain in the online world

(Recommended for upper primary and lower secondary)

YOUTH UNPLUGGED FOR PARENTS

How to Get Kids Off Screens

Parents learn:

- ✓ The latest research & insights into social media & digital health
- ✓ How to beat “addictive design” for better motivation & engagement
- ✓ How to handle conflict for better relationships and resilience
- ✓ A seven-step “DEVICES” framework for lasting results

YOUTH UNPLUGGED FOR STAFF

How to Get Students Off Screens

Staff learn:

- ✓ The latest research & insights into social media & digital health
- ✓ The limits and potential of a school's responsibility
- ✓ Simple & effective tools to teach students, staff and families
- ✓ Easy classroom tips for better motivation & engagement



➔ LET'S TALK

