



## July Wellbeing Month

# SPEAKER BIOS



Dr Lucy Hone is regarded as a global thought leader in the field of resilience psychology, Adjunct senior fellow at the University of Canterbury and the University of Pittsburgh, an internationally sought-after professional speaker, best-selling author, and award-winning 'pracademic', Dr Lucy has a gift for turning complex science in to useable tools. Covid-19 saw her TED talk go viral. It was the most watched by any New Zealander in 2020 with 2.4 million views!

Her work is regularly featured in global media, including the Guardian, the Hidden Brain, the Washington Post, the BBC, the Sydney Morning Herald, Vogue, CBS and ABC, Channel News Asia, Swedish Television, and TVNZ. Author of best-seller, Resilient Grieving, Dr Lucy is co-founder of the hugely popular Coping With Loss programme.

Find out more about the Coping With Loss courses for the bereaved at [www.copingwithloss.co/programmes](http://www.copingwithloss.co/programmes)

Find out more about the Coping With Loss courses for the bereaved at [www.copingwithloss.co/coping-with-loss-at-work](http://www.copingwithloss.co/coping-with-loss-at-work)

Follow Lucy on social media @drlucyhone



He taonga te hauora

**Wellbeing is our most precious thing**

