

Karen Tyrrell

Karen Tyrrell writes empowering books to help adults live STRONG through humour and self-belief. Karen is a survivor of parent-teacher bullying and mental illness, sharing her personal story of recovery. She is an experienced Brisbane school teacher, gifted & talented teacher and key note speaker. She spoke at mental health conferences, teacher's conferences, writing festivals, hospitals, libraries, schools and corporate workplaces.

Karen is a passionate writing workshop presenter teaching memoir classes for Queensland Writers Centre, libraries, festivals and at her independent workshops. Karen developed a writing program for mental health patients at Logan hospitals.

Karen published two acclaimed memoirs. *Me & Her: A Memoir of Madness* won a mentorship through the Society of Editors (QLD). *Me & Him: A Guide to Recovery* is endorsed by the Black Dog Institute. Both memoirs won Mental Health Week achievement awards. Karen won 3 awards, 4 literary grants, and a mentorship through the Society of Editors (QLD).

Expertise:

- Author
- Key Note Speaker
- Mental health, resilience, wellbeing, recovery
- Memoir Workshop Presenter & writing tutor
- Anti-Bullying & Self-Help Topics
- Power Point
- Book Marketing

Testimonials:

Well-being Teacher's Conference: Sydney 2016

'Karen connected with the audience by speaking from personal experience. Her presentation was authentic and engaging. Karen shared doable wellbeing strategies that can be used in everyday life. An inspiring keynote address, backed up by two workshops focusing on coping & resilience skills.' – **Anthony Pitt: Principal Fairvale PS**

Resilience Talk: Anxiety & Depression: Ipswich Library 2016

Karen's recovery and dedication to helping others experiencing mental illness is awe-inspiring. She is a very open and generous speaker who gets the conversation started. In speaking of her own experiences, Karen provides a community service and inspires others to help themselves regain and sustain health - **Ipswich City Council Libraries**

Life Skills Seminar for Senior Students (Y10 -12)

'Karen is a vibrant presenter with an inspirational story to tell. She speaks with great authority, having learned through hard-won experience. Her topic is interesting and her enthusiasm is contagious.' - **Ali Stegert: School Counsellor North Side Christian College**