

Emily Hunt-Adiletta OBE

BESTSELLING AUTHOR • AWARD-WINNING SPEAKER • SYSTEMS-CHANGE LEADER



SIGNATURE KEYNOTE • 60 MINUTES

Beyond Resilience: Duty, Purpose, and Self

What if feeling better can make us behave worse?

Peer-reviewed research shows that mindfulness meditation can reduce guilt and make people less likely to repair harm they have caused. Emily starts there and asks the harder question: what happens when the tools we use to feel better let us off the hook for being better?

This is not theory offered from the sidelines. After surviving a serious crime and a justice system that failed to respond, Emily sued the head of the UK's Crown Prosecution Service and won a landmark case that clarified the law. She went on to advise government across three Prime Ministers, help build national reforms, and was honored by the King with an OBE. Her work was recognized in both Houses of Parliament.

WHY EMILY

Won a landmark judicial review against the head of the UK's Crown Prosecution Service, clarifying the law in one of the most difficult areas of criminal justice

Honored by the King with an OBE for services to crime victims

Served as a senior government advisor across three British Prime Ministers

Has advised global organizations from Apple to Unilever and conducted research on six continents

GUEST LECTURED AT

University of Chicago ·
George Mason University ·
Lafayette College ·
Newcastle University ·
Boston University

AS FEATURED IN

The New York Times · Newsweek ·
ABC · The Guardian · The Times ·
BBC · ITV · Channel 4 · Channel 5 ·
Sky News · GB News ·

The Framework

Duty is what keeps the world inside your front door working.

Purpose is what moves you to make the world outside it better.

Self is what you must protect so you can keep doing both.

THIS KEYNOTE IS FOR

- Leaders navigating the tension between wellbeing culture and real accountability
- Teams and organizations rebuilding after disruption, restructuring, or loss
- Anyone trying to do good work inside imperfect systems without losing themselves
- Conferences programming around purpose, values, meaning at work, and organizational culture

WHAT THE AUDIENCE GETS

- Stories from global boardrooms, government at the highest level, single motherhood, and a legal fight that changed national policy
- A research-grounded challenge to the limits of self-care thinking that audiences can feel working on them in the room
- A three-part framework they will remember and use
- Unexpected humor that earns the serious moments
- The rare experience of a speaker who has tested every idea in a life that required them to work