



Terri-Ann RichardsTM

THE HAPPINESS ARCHITECT

CANADIAN KEYNOTE SPEAKER ON PRESSURE,
CHANGE AND HUMAN CAPACITY

Build the person. Performance follows.



**Terri-Ann
Richards**
THE HAPPINESS ARCHITECTTM

What your audience is carrying matters

Your people may be capable and committed, yet still struggle to think clearly, stay connected or adapt when pressure rises. More advice about what to do will not always help them use what they already know.

Terri-Ann Richards helps people build Human Capacity: the ability to think, regulate, connect and navigate when facing pressure, change and uncertainty. Her keynotes give audiences honest stories, a clearer way to understand what is happening and practical ideas they can use afterward.

WHAT AUDIENCES AND ORGANIZATIONS SAY

100%
WOULD BOOK HER AGAIN

97%
CALL HER INSIGHTS
RELEVANT AND ACTIONABLE

98%
WOULD RECOMMEND HER

Source: Talkadot live audience feedback captured after Terri-Ann's sessions. Percentages reflect responses to the relevant feedback questions.



WHAT THIS WORK DOES

Your attendees are capable, motivated, and under more pressure than they let on. They've been to conferences before. They know what it feels like when the energy disappears by the drive home.

You're looking for the talk they're still referencing at next year's event. That's what this is.

Terri-Ann teaches people how to build themselves from the inside out. Not how to cope better. Not how to push harder. How to build the inner foundation that makes real, sustainable performance actually possible.

This works in a boardroom and in a gymnasium. For leaders. For students. For accomplished professionals who know what to do but feel something underneath isn't holding.

WHAT MAKES THIS DIFFERENT

- ▶ Not a motivational talk. A real system.
- ▶ Not generic content. Built for your room.
- ▶ Not inspiration that fades. Change that holds.
- ▶ Not a speaker who shows up and disappears. She reconnects after every engagement to see what landed.

SIGNATURE KEYNOTES

Four ways to meet your audience where they are.

Built for This

How to stay clear, connected and effective when pressure rises

When pressure keeps building, people can struggle to use skills they already have. Terri-Ann helps audiences understand what changes inside them and how to think, regulate, connect and navigate with more capacity.

Best for: Resilience, adaptability, emotional intelligence, pressure and change.

The Belief Gap

When people are capable of more than they believe is possible

Some people stop trying before they find out what they can do. Based on her TEDx talk, Terri-Ann explores how belief shapes what people attempt and helps them see a next step they can take before they feel fully confident.

Best for: Students, educators, youth events and associations focused on belief, confidence and possibility.

Building Human Capacity in the Age of AI

How to sustain performance when work keeps changing

AI is changing tasks, expectations and the pace of work. This keynote looks at the human side of that change and what people need to think clearly, handle pressure, stay connected and navigate uncertainty.

Best for: AI-driven change, adaptability, emotional intelligence and sustainable performance.

When Everything Is Going Right

The human capacity behind sustainable performance

Success can hide the pressure building underneath it. Terri-Ann helps audiences notice what supports good performance and consider what they need to protect as demands grow.

Best for: Sustainable performance, workplace pressure and maintaining strong results through growth and change.

A woman, Terri-Ann, is speaking at a podium on a stage. She is wearing a patterned dress and has her arms outstretched. The background is dark with some stage lighting.

SHE LEARNS YOUR ROOM BEFORE SHE WALKS INTO IT

Terri-Ann starts with a real conversation about your event and the people in the room. She asks what they are facing, what the event needs to do and what you want them to carry away.

Her work brings together research, lived experience and years of speaking, training and facilitation. Through Happiness Architecture™, her framework for building Human Capacity, she gives people language and practical ways to meet pressure, change and uncertainty.

Terri-Ann is the author of Success Takes Courage and Becoming the Eight Percent. She is a graduate of the Wallace McCain Institute's Entrepreneurial Leaders Program and a 2026 delegate to the Governor General's Canadian Leadership Conference.

A woman, Terri-Ann, is speaking at a podium on a stage. She is wearing a patterned dress and has her arms outstretched. The background is dark with some stage lighting. In the foreground, the backs of several audience members' heads are visible, looking towards the stage.

TESTIMONIALS

"Terri-Ann brings a grounding presence that immediately elevates a room. Her message resonates long after she leaves the stage."

— Kim Webb, Government of New Brunswick

"Terri-Ann delivered exactly what we needed. Her talk created space for reflection, renewed energy, and practical tools that could be applied immediately."

— Tina Learmonth, Bayshore Home Health

BOOKING INQUIRIES

Please contact the speakers bureau that shared this kit for availability, fees and booking details.

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