



UK Research and Innovation

Client: UK Research & Innovation (UKRI)

Audience: Project Professionals

Topic: Resilience, Burnout & Wellbeing

Format: Keynote Speaker

Attendance: 150

Brief

UKRI wanted a keynote speaker for an event for project professionals focused on resilience, wellbeing and managing burnout in high-pressure environments. Carl delivered his CNW framework keynote, combining lived experience, humour, practical tools, and visual demonstrations to help delegates better understand stress, capacity, and resilience.

Impact

- ✓ Delegates left with practical tools they could immediately apply.
- ✓ Delegates reflected on their own capacity and workload management.
- ✓ Real-life, relatable examples and visual demonstrations kept engagement high throughout.

Organiser's feedback

"I first came across Carl through a colleague's recommendation while searching for a keynote speaker for our project professional event on building resilience and managing burnout."

"Throughout the process, he was consistently responsive and supportive, even creating a bespoke promotional video to help build excitement and enhance our event page."

Julie Venis, UKRI

Carl delivered it with real enthusiasm and real life relatable examples which really kept me engaged

Will apply these each time I am given new tasks



CARL JONES - THE CAVEMAN

Keynote Speaker

Helping teams understand stress, capacity and change through practical, memorable storytelling.



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