



#KALEConference2025

Hannah Knowles

Hannah is passionate about empowering individuals and teams to realise their full potential.

With years of experience designing and delivering comprehensive wellbeing programmes for schools, businesses and organisations, Hannah now leads transformational workshops and keynotes for a diverse range of Art of Brilliance clients, including schools, businesses, the NHS and sports teams.

Hannah has a background in Psychology and a passion for Positive Psychology. In fact she's been described as the 'Queen of Positivity.'

She uses storytelling and strategies to inspire and equip her audiences with the tools to navigate change, uncertainty and adversity. Drawing on her own experiences with life's ups and downs, as well as her passion for endurance challenges, Hannah shares both her successes and setbacks to help others see what they are capable of.

Hannah's engaging, high-energy keynotes and workshops leave a lasting impression, helping teams, schools and organisations thrive in ever-evolving environments. With Hannah's guidance, audiences walk away motivated, equipped and ready to turn obstacles into opportunities.

Nice words about Hannah

'Feedback from the team – At first the team were sceptical and wondered what they were going to be sitting for 4hrs listening too. However, from feedback received, their attention was caught immediately by the speaker. It was enjoyable, captivating, engaging and interactive and they were glad they undertook the programme.'

Birmingham Community Healthcare NHS Foundation Trust, March '25

'On behalf of Little Adventures Nursery Group a huge thank you to our incredible keynote speaker, Hannah Knowles from the Art of Brilliance for delivering two outstanding training days—one in the South West and one in the West Midlands!

Both rooms were filled with laughter and positive energy as Hannah shared powerful insights on positive mindset, gratitude, impact of screentime and recognising the "little glimmers" in our daily lives.

Staff feedback has been overwhelmingly positive, with many highlighting how engaging, passionate, and interesting Hannah was throughout the sessions.

I would highly recommend Hannah and the Art of Brilliance team to anyone looking to boost their team's mindset and well-being!' Little Adventures Nursery Group, February '25



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'Where do I start Hannah was incredible, motivated, inspiring, very passionate about her role, and her delivery is outstanding. We had almost 100 people in the room and a lot of people came directly to her at the end to "Thank Her". I have been to a lot of leadership/management/wellbeing sessions, however this was the best one yet. Looking forward to our next session with her.' **Frimley Health Foundation Trust, February '25**

'Hannah is a joy to welcome to our away days. Her sessions offer something for all; they are thought provoking, inspirational and leave us feeling HAPPY!' **University of Birmingham - Department of Biomedical Sciences, December '24**

'Having had Andy for the talk at VMG and been very impressed we were hoping Hannah would deliver the same quality talk and she 100% didn't disappoint. Massively engaging, enthusiastic, couldn't have wished for anything better.' **Ferndown Family Vets, November '24**

'People really connected to the energy, realism, and that it was about THEM; a chance to reflect on personal values.' **Derbyshire Early Years Service, November '24**

'Hannah was amazing at aiming the training for our staff's needs and level. The time flew and it was such a fun and informative evening.' **Little Stars Nursery, October '24**

'Hannah was literally the art of brilliance. Highly recommend! Thank you for your energy, enthusiasm and bringing a bit of happy to my day. My whole perspective has changed. I have spent all day thinking about the information and I think I'll definitely be mindful about this. Really was an eye opener! Not only that but it was funny and engaging, I felt like I knew you personally. Thank you!'

'Before the session, when we met Hannah she was really easy to relate to and open to our ideas and objectives and brief for the county day. On the day Hannah's enthusiasm won everybody over and she created a warm, supportive atmosphere which promoted interaction. She handled all contributors warmly and respectfully. It was evident that Hannah's session was successful given the number of people that spoke to her during lunch for further information and advice. Subsequent evaluations of the day are continuing to show extremely positive responses to Hannah's session and several people have posted very favourable comments on social media after the session. We want to thank Hannah from all of our members and wouldn't hesitate to recommend her to other organisations.' **Girlguiding Staffordshire, April '24**

'Hannah was brilliant, inspiring and won over a tough room of jaded and cynical teachers with her positivity, honesty and compassion. A great mix of interactions, good and relatable stories and the science behind the strategies, really felt like this was needed for our school at the moment. Thanks so much!' **Sir Francis Hill School, April '24**



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'Amazing session, you can tell the passion Hannah had for the subject. I'll be taking away a few different bits including aiming to be more 2%, reducing phone time before bed and the ripple effect.'

*'Hannah was fantastic, the way she delivered was emotive and captivating and the message was definitely heard, I will be implementing the 2% ethos and applying to my life where I can! **Phoenix Group, February '24***

'It was the best inset day I've been to by far. I took a lot from what was said today to make a difference to my life. I will take points from it to change my life to become a better person for myself, be more confident and to show more of the person that I am.'
Chellaston Junior School, February '24

'Hannah's enthusiasm and natural storytelling made 2hrs fly by! Really interesting session and thought provoking too.' **Phoenix Group, February '24**

'Hannah was an incredible, infectious facilitator and I had the best 6 hours and have lots of things to take away and start using. She was so engaging and passionate. Real food for thought on easy ways to be a better me at work and at home. Was genuine throughout, engaging and naturally charismatic. I would jump at the chance to learn more from her.

Absolutely love your energy, Hannah! Amazing session yesterday and today. I have already shared and applied the 8:1 rule and seeing the awesome results! Thank you from the bottom of my heart for sharing your wisdom and wishing you and everyone mental wealth.

The Wellbeing Award course was the best course I have attended in a long time. Hannah is so knowledgeable and her energy is great! Very interactive session and Hannah made the whole group feel very comfortable and safe, therefore there was a lot of engagement from the group. Lots of great techniques and concepts were shared which helped me reflect on many areas of my life and also motivated me to make some small positive changes in my daily life. I highly recommend it!

South East Finance NHS, Wellbeing Award Online, January '24

'Hannah was absolutely brilliant. I love the energy she brings to the room could sit and listen to her all day. She pitched her presentation exactly as we wanted and requested. It set the team up for the day, and they spoke about it all day.'

'I loved this presentation you gave to us this morning. I must admit I was a little sceptical about how useful it would be when I saw the title on our days schedule (I'm sorry!), but the whole of our group referenced the elements you had talked about in our tasks for the



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rest of this afternoon, and it has actually made a real impact on me. Thank you, Hannah!

Liverpool University Hospital NHS Foundation Trust, December '23

'Amazingly well delivered. It's one thing to talk about the subject but another thing to deliver it authentically. Really energetic and loved the stories. It felt like the Jack Nicholson film, 'As Good as it Gets'. I want to be a better person.'

Liverpool University Hospitals Foundation Trust, December '23

'Feeling happier already! Lovely Hannah, easy tips to follow and can't wait to put it in practice. Great balance of stories and science and keeping us engaged and making everyone in the room really think!'

University of Birmingham, December '23

'The workshop Hannah led was truly 'brilliant'. The children were enthralled throughout and came away with an understanding of the importance and joy you get by being kind to others. But very importantly everyone (pupils and staff!) came away feeling fabulous about themselves. Thank you for a great session.'

Coton in the Elms Primary School, November '23

'It was SUCH a fab course! I loved learning about the psychology of positivity and have gone back to school today determined to pour it into my classroom. The pace was perfect and the activities weren't cringy or contrived. You could see that everything had real purpose. Hannah has such an infectious energy and I'm really excited for where we'll go with the kids with this!'

'I have really enjoyed the wellbeing training from Hannah! It's a positive and supportive reminder of the importance of happiness and wellbeing. The ideas Hannah shared for self-care were invaluable. Often in education you forget the important if your own wellbeing. Being happy in yourself allows you to spread that happiness to the children you teach. What a wonderful training! Thank you!'

'Lots of fantastic, realistic ideas. Well presented, great humour and made us all feel safe! It has really made me think and I'm excited to make some changes for me and for the children.'

'Amazing course! Hannah was fantastic and provided some very thought-provoking information. Excited to start using the strategies in school. Thank you!'

Harrow

Outstandingly Happy School project, November '23

'Art of Brilliance have spoken to our Scholars for the last two years and have been outstanding with the girls giving them confidence. The speakers are filled with enthusiasm and this radiates to the girls. They are positive and inspirational.'

Queen

Mary's School, September '23



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'I was really sceptical going into this but I have to say I loved it and it has really resonated with me. I can't wait for the recording so that I can revisit some of the areas. The training has stuck with me which is a measure of success.' **National Trust, September '23**

'Just a massive thank you to Hannah. Despite the heat everyone left with a smile on their face. It was lovely to see everyone laughing, connecting with each other and take some well-deserved time out.' **Midlands NHS Foundation Trust, September '23**

'A huge thank you for this morning. Not only was the content fantastic but your delivery was superb! We believe this will change the game for our team.' **Derbyshire Cricket Foundation, July '23**

'I adored Hannah's upbeat presentation style! Her message and her delivery created ripples throughout the Qualified Tutor community.' **Qualified Tutor, June '23**

'Thank you so much Hannah. I had some lovely messages from a number of staff afterwards saying how much they enjoyed the session. It certainly had a profound impact on me and I realised afterwards how tense I had been prior to the session due to various stresses throughout the day, but I came away feeling totally refreshed and relaxed. I was buzzing afterwards and am feeling great today! So thank you again. I know that everyone will have taken something away from it.' **West Specialist Inclusive Learning Centre, May '23**

'Hannah was absolutely superb! She was so engaging, enthusiastic and vibrant! Really made it easy for everyone to relate to her messages and read the room so that she knew when to get people to be up and active! I thought Hannah's content was spot on, and she'd really taken on board the comments that I had made before the presentation about the issues we wanted to address. Huge thanks for the effort (and driving so far!). Fingers crossed we can get grant funding towards more training from Art of Brilliance.' **Springboard Group, April '23**

'Hannah was brilliant. She pitched the morning's activities perfectly to my team and was warm, engaging and uplifting.' **Acorns Children's Hospice, April '23**

'None of the delegates knew what to expect at the session and the feedback after was incredible. Hannah was bright, engaging, empathetic and absolutely picked up the crowd and carried them to a lighter, happier place within minutes. We have so much positive feedback from all the attendees. They want her back at the conference next year for a longer session!' **Society of Cardiothoracic Surgery, March '23**

'Hannah was just so full of life and sunshine.' **Women's Institute, March '23**

'Fantastic session, Hannah was super engaging and the 'buzz' around the school now is wonderful.' **Springfield School, March '23**



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'Superb! We've had great feedback from students. My colleagues also agreed. I have recommended Hannah to our final years!' **Nottingham Trent University, February '23**

'Hannah was absolutely amazing, had my interest right from her introduction - excellent presenter delivering something you could absolutely see she was invested in. Delivery was awesome in allowing everyone to take what they wanted from the course. Very thought provoking and not lecturing. Loved it. She lifted everyone that was there, and people are still talking about the day!' **NHS Scotland, December '22**

'Working in the NHS is tough at the moment! Hannah was like a breath of fresh air, reminding us of our own self-worth, and the importance of positivity and kindness in all walks of life.' **Institute of Medical Illustrators, December '22**

'Hannah was fantastic! Our children loved their day and have spent this week talking to others about the Art of being Brilliant. Thank you, Hannah, look forward to having you back at Manor soon.' **Manor Primary School, October '22**