

# Kara Hardin

Mental health educator and Registered Psychotherapist helping high achievers make work human again

MENTAL HEALTH AT WORK · PEAK PERFORMANCE · BURNOUT & RESILIENCE · HIGH-PERFORMER ANXIETY · THE HUMAN SIDE OF LEADERSHIP · WORKPLACE WELLBEING

## THE PITCH

A corporate-lawyer-turned-psychotherapist, Kara Hardin equips leaders and teams with the research, language, and practices to perform at a high level without burning out. She's trusted by Fortune 500s, global law firms, and high-growth companies — including Uber, General Mills, CIBC, Dentons, Clio, and Freddie Mac — to speak honestly about mental health, pressure, and the human side of ambition.

## FULL BIO

Kara Hardin, R.P., J.D., M.A. is the founder of The Practice Lab and one of North America's most sought-after keynote speakers on peak performance, mental health, and the human experience of modern work.

A Registered Psychotherapist with a background as a corporate lawyer, Kara brings a rare combination to the stage: the discipline of a trial attorney, the warmth of a clinician, and the lived experience of a high achiever who's seen the costs of ambition up close. Her programs translate ten years of therapy practice and the latest research in psychology, neuroscience, and organizational behavior into practical, immediately usable tools.

Since founding The Practice Lab, Kara has delivered programs to more than 100 global organizations and 10,000+ attendees — from Fortune 500 companies and AmLaw 100 firms to high-growth startups. Her clients include Uber, UberEats, General Mills, CIBC, Gartner, Dentons, Freddie Mac, Clio, Wolf Greenfield, Haynes Boone, Blakes, Borden Ladner Gervais, and Facing History & Ourselves. She holds a Master's degree in Counseling Psychology from the University of St. Thomas (Minnesota) and a Juris Doctor from the University of Toronto, Faculty of Law.

Kara writes Making Sense, a Substack newsletter with 1,000+ subscribers helping high-achievers understand their relationship with work and build more satisfying lives. Audiences consistently describe her as grounded, warm, funny, and brave — a speaker who can address the hardest topics (anxiety, burnout, grief, trauma) with the kind of clarity and humour that leaves rooms changed.

Her core belief: what makes you great can also make you anxious. The job of the modern leader is to learn to hold both — and that's what Kara's keynotes teach.

## CONNECT

Website · [spokenartists.com/speakers/kara-hardin](https://spokenartists.com/speakers/kara-hardin)

LinkedIn · [linkedin.com/in/karahardintp/](https://linkedin.com/in/karahardintp/)

Substack · [karahardin.substack.com](https://karahardin.substack.com)

## SIGNATURE KEYNOTES

**Making Peak Performance Human**

With employee engagement at a record low and burnout at a record high, how do you build an organization where people can strive without breaking? Kara unpacks the paradoxes of peak performance — productivity myths, digital habits, the achievement treadmill — and gives leaders a human playbook for sustained excellence. Audiences leave with practical tools to reclaim focus, delight, and satisfaction, at work and beyond.

**Making Mental Health at Work Possible**

Mental health at work isn't an HR program. It's a leadership capability. Drawing on ten years of clinical practice and the newest research in psychology and neuroscience, Kara teaches leaders and teams how to stay grounded under pressure, support colleagues through anxiety, grief, and trauma, and build cultures where people feel safe to be honest. A keynote that's warm, funny, deeply practical — and quietly changes rooms.

**Reclaiming Fun at Work**

Teams aren't broken — they're burned out, cynical, and divided across generations and perspectives. Kara shows how to bridge differences, navigate stress and news-cycle fatigue, and rebuild connection and lightness at work. Topics include communication styles, generational differences, effective leadership in uncertainty, and the surprising neuroscience of play.

**IMAGE LIBRARY**

Original high-resolution color files are included alongside this PDF in the ZIP download.



PORTRAIT



STAGE

**BOOK THIS SPEAKER**

To check availability, request a hold, or confirm a date for **Kara Hardin**, email either of the following:

- [pjasic@spokenartists.com](mailto:pjosic@spokenartists.com)
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Full digital profile, video reel, and additional press-kit assets: [spokenartists.com/speakers/kara-hardin](https://spokenartists.com/speakers/kara-hardin)