

Dr. Miriam Kirmayer

Clinical Psychologist Focused on Relationships & Workplace Connection

BELONGING & CONNECTION · MENTAL HEALTH · CONNECTED LEADERSHIP · MENTORSHIP · TEAM CULTURE · WELL-BEING

THE PITCH

A clinical psychologist translating friendship science into workplace belonging systems leaders can operationalize, not just celebrate.

FULL BIO

Dr. Miriam Kirmayer is a clinical psychologist, leading friendship expert, and one of the most influential speakers on human connection and social support. With over a decade of research in the science of friendship, Dr. Miriam's work has revolutionized the way we show up for, mentor, and connect with each other.

A sought-after speaker, Dr. Miriam shares inspiring keynotes and workshops at corporate conferences, leadership summits, community-driven events, and leading academic and healthcare institutions. Her clients include The Aspen Institute, The Atlantic's In Pursuit Of Happiness summit, Canadian Women in Medicine, The Foundation For Social Connection, The Government of Canada, Entrepreneurs' Organization, and YPO. Her hands-on research and relatable advice have helped companies around the world boost belonging, engagement, well-being, and mentorship—while giving their teams the tools that benefit them far beyond the workplace.

Dr. Miriam contributes her expertise as a psychological consultant to both the media and connection-driven organizations around the world, helping them bridge the growing gaps between research, policy, and our everyday approach to relationships, leadership, and mental health. She currently sits on the Mental Health Advisory Committee for Wondermind, a mental fitness company co-founded by Selena Gomez and Mandy Teefey and is a trusted consultant for The Foundation For Social Connection.

Dr. Miriam is the creator of the Confidently Connected™ digital learning experience. She has interviewed hundreds of people to capture what it really takes to create closer friendships and resilient relationships. She has supported and coached countless more through her clinical and consulting work. A leading voice in the media, Dr. Miriam regularly contributes research-driven insights and relatable advice to top outlets including The Atlantic, BBC, Financial Times, Forbes, The Guardian, The New York Times, Psychology Today, TIME, and The Wall Street Journal. She is also a frequent guest on television shows and podcasts, ranging from The Today Show and Call Her Daddy to NPR. Dr. Miriam inspires people worldwide to recognize that we're all at our happiest and healthiest when we invest in the moments that matter—and the connections that count.

Dr. Miriam Kirmayer received her Ph.D. from McGill University and lives in Montreal, Canada with her husband and their two curious and spirited sons.

Dr. Miriam Kirmayer recently launched Two Peas on a Pod, a podcast about friendship, connection, and meaningful relationships. Listen on Apple Podcasts or Spotify.

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SIGNATURE KEYNOTES

Cultivate the Three Pillars of Connection: How to encourage, empower, and equip your teams to connect to each other — and a better way to work.

Hybrid and remote work. Returning to the office. Differing views and values. Technology and a reliance on digital communication. All can contribute massively to the increasing rates of loneliness, disengagement, and burnout. But they also present opportunities— for collaboration, for inclusion, and for stronger social health.

In this interactive keynote, Dr. Miriam translates her groundbreaking research on the science of friendship into an actionable framework that every organization can use to co-create a powerful culture of connection with their employees—and build an energizing environment where people are motivated, supported, and recognize that they belong.

Join the growing list of organizations who are harnessing the power of connection to increase innovation, collaboration, engagement, and retention — while also contributing to the health and well-being of their employees far beyond the workplace.

Key Audience Takeaways:

- Understand the value of connection and why it's a primary focus of today's leading organizations.
- Identify the three pillars of healthy connections at work—and how everyone in the company benefits from and contributes to them.
- Learn practical tools for improving communication, strengthening relationships, and coping with conflict and uncertainty at work. Cultivate a workplace that leads to greater belonging, psychological safety, and connection in every environment, from hybrid and hot desking to in-person work

Thrive Together With Four Supporter Archetypes: Elevate Connected Leadership & Support

What do people really need from their leaders when things feel challenging or uncertain?

How can managers inspire confidence, strengthen accountability, and encourage growth—especially when their teams are struggling, stuck, or ready to level up?

In this practical and human-centered keynote, Dr. Miriam reveals a novel framework: The 4 Supporter Archetypes and shares how to maximize leadership impact by moving from reflexive to responsive. Attendees learn to gauge the right type of support, guidance, or feedback for any situation—and to deliver it more effectively and impactfully.

From leaders and managers to mentors and peers, everyone has the opportunity to better show up for their teams and others—and contribute to a culture of stronger relationships, greater accountability, and shared growth.

Harness the power of connected leadership and support to elevate team performance, strengthen resilience, and unlock powerful potential in your community and the people who make it extraordinary.

Key Audience Takeaways:

- Learn the 4 supporter archetypes and discover your unique supporter strengths and slip-ups to better understand yourself—and the people around you.
- Become a connected supporter. Develop the core skills and mindsets needed to support and lead more thoughtfully and impactfully.
- Reframe the 3 misconceptions standing in the way of stronger connections and growth. Learn how to ask for and secure the right kind of support and buy-in, in any situation.

Unlock the Science, Strategy, & Secrets of Friendship: Bridge The Connection Divide

Even in the closest communities—and most successful organizations—connection can be complicated. Physical distance, escalating uncertainty, and differing views and values can all create space between us. But one of the most surprising and consequential divides is the one we rarely name: the gap between the relationships we have and the ones we want.

When we bridge this REAL–IDEAL divide, we unlock something powerful: a deeper sense of connection, powerful potential, and collective growth and success.

In this engaging keynote, Dr. Miriam Kirmayer shares three actionable pillars grounded in the science and strategy of friendship—while revealing powerful connection secrets along the way.

Through practical insights, relatable storytelling, and Dr. Miriam's research-backed framework, people, teams, and organizations gain the key practices, communication skills, and mindset shifts needed to build better relationships, navigate interpersonal changes and challenges, and sustain connection and collaboration.

Attendees leave with practical strategies and clear next steps—ready to invest in the relationships that inform and transform their well-being, work, and impact.

Key Audience Takeaways:

- Discover why investing in relationships is the #1 predictor of individual well-being and collective success—and why it matters more now than ever.
- Unlock 3 powerful connection secrets to build trust, spark new connections, and strengthen collaboration and cohesion.
- Take home a practical framework with the mindset shifts, relational strategies, and everyday actions that sustain connection—even in times of stress, uncertainty, and change.

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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 **Dr. Miriam Kirmayer**, email either of the following:

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Full digital profile, video reel, and additional press-kit assets: spokenartists.com/speakers/miriam-kirmayer