

Dr Catherine Rickwood

Speaker, panel participant, panel & workshop facilitator & MC specialising in the ageing population



Speaking Topics

Catherine delivers evidence-based bespoke keynotes and workshops on the ageing population based on client needs and audience outcomes sought. Below is a sample of some of the topics she's skilled at delivering.

Diversity & inclusion: Why age matters

Extended lifespans have implications for people of all ages – from young to old. The workplace is changing. Side hustles, flexible workplaces and a gig economy are increasingly common. Future skills include critical thinking and communication. Educating and learning throughout our careers and lives is essential.

What does this mean to organisations, the choices we make as individuals and our decisions? Catherine considers these questions in the context of the impact on leadership and people – irrespective of age.

The 100 Year Life: Impact & implications

Lives are longer today than at any other time in history. We're fitter, healthier, and more technological literate than previous generations. Stereotypical retirements are outdated. Longer lives impacts retirement and financial planning. However, this is not the whole story.

This talk builds on my TEDx speech that proposed retirement is redundant and shares insights on the essential elements for living a healthy, longer life and what this means for financial planners.

Communication for change: Ageing stereotypes & creating a new narrative

The demographic structure of the world is shifting. The proportion of older people is increasing and it's not forecast to change. Simultaneously, the gap between the reality of ageing and perceptions widens. Why? Do we know less than we think? Does it matter?

Existing ideas about ageing will be challenged and your audience will leave with tips on how to remove blindspots and ideate beyond their own echo chamber of knowledge to increase success in new markets and improve personalisation of the customer experience.

AMBER DAINES,
Bespoke Communications

"Catherine is a powerhouse speaker who knows her industry inside out...
She will rock your stage."



Catherine's Bio

Catherine is known as a thought leader who challenges age stereotypes and invites individuals and organisations to reimagine the retirement paradigm. She's unafraid to challenge the status quo, and is constantly curious about what people believe and why. This fearlessness is founded in a belief that life for people, communities and the planet can be enriched if we examine our preconceived ideas about how we age.

Her thought-provoking speeches and contributions to discussions inspire audiences to reconsider their views on ageing and retirement. Catherine's evidence-based corporate presentations encourage audiences to change their perspective of older customers, and to consider the value of mature people to the workforce of the future.

As a result of a 30 second Fast Idea on retirement at TEDx Sydney in 2018, Catherine was invited to present a full TEDx talk in Canberra that same year. Catherine is a regular speaker and panel participant at industry conferences, workshops and professional development days. She is also a sought after advisor and commentator on ageing.



catherine@catherinerickwood.com



linkedin.com/in/catherinerickwood



+61 422 002 202

SHELLEY CABLE,

CEO Generation One at Minderoo Foundation

"Catherine was a very strong addition to a panel event held at PM&C on the Generational Divide in the workplace. She brought thought leadership on the role, strengths and little-known challenges of Baby Boomers in today's workplaces. She added truly unique perspectives to the discussion in a professional and engaging way."

Offerings and rates

1-2 hour workshop

Encourages and invites participants to explore what longer lives means for them – personally and professionally.

\$ 1,500 - \$ 2,500

Panel Discussions

Catherine contributes insights to panel discussions on ageing that are informative, insightful and challenge age stereotypes. Can include a short 7-10 minute perspective on the topic prior to panel discussion.

\$750 - \$1,200

Keynote address

A 30-45 minute bespoke presentation on ageing with the key messages and audience outcomes discussed with the organiser beforehand.

\$ 5,000 Panel participant

MC/Panel Facilitator

As a panel facilitator, Catherine does her homework first, preferring to speak to all participants beforehand. As MC, she ensures the program runs smoothly and on time whilst creating seamless transitions between speakers.

POA