Katelyn Carey, BSN, RN

Award-Winning Speaker

Clinical Nurse Educator

Author/Founder of Beauty After Breast Cancer



About

Katelyn Carey is an award-winning keynote and TEDx speaker whose presentations and workshops have routinely inspired top ratings and standing ovations. Combining her experiences as a patient with her 20+ years in critical care medicine and trauma-informed-care, she has created impactful messages shared through vivid stories and a wry humor that resonates with both medical and community-based audiences.

Katelyn is a crisis communications specialist who uses the principles of trauma informed care and cognitive science to teach an evidence-based toolbox of strategies that optimize communication and outcomes in high stress situations.

Recent Conferences /Events/Workshops

- TEDx Speaker- "The Problem with Empathy…"
- Keynote Speaker- Essentially Women Conference
- Keynote Speaker- Soroptomist International
- NRC Health- HUB 2024 Patient Experience Conference
- Closing Speaker- AONN+ Annual Conference
- St Anselm College- Holistic Nursing Conference
- Academy of Oncology Nurse & Patient Navigators Conference
- Asante Breast Cancer Survivorship Conference
- Mayo Clinic Hospital Educational Event

★★★★★

"Katelyn's speaking style is absolutely fantastic, her use of stories brings the topics to life in a way that is emotional and inspiring. By far the best presentation of the day". -Jesse H., RN

"My favorite speaker of the whole conference…"

redbook · HUFFPOST · Daily Mail · The Register-Guard · NBC · BreastCancerAnswers · THE LANCET Oncology · REACH TO RECOVERY INTERNATIONAL · JPR Jefferson Public Radio · Brigitte · MamaMia

"Amazing!" "Phenomenal Presentation!" "Fantastic Speaker!" "Insightful!"

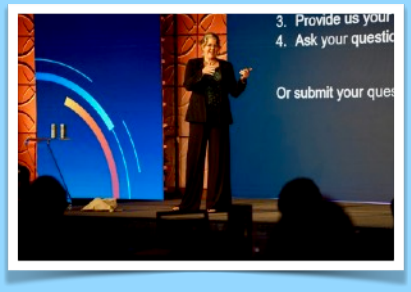
"Impactful Speaker!" "Dynamic and engaging!!" "Extremely knowledgeable!"

Excerpts from Recent Presentations

Keynotes, Presentations and Workshops are customizable to your team and your needs. My mission as an educator/speaker is to help people in high stress fields to shift perspectives and gain immediately actionable, science-based tools that connect us more strongly to ourselves, our patients/clients, and our teams.

Why book? Because you're looking to:

- Decrease burnout and increase engagement with employees
- Improve patient/client satisfaction scores, compliance, and engagement
- Have immediately actionable improvement tools that are science/metric based
- Strengthen individual and team resiliency, communication and well-being
- Bring in an award-winning educator who is engaging, entertaining and real
- Increase the efficacy of the communication and education your team provides



Click here for Speaker's Reel





Katelyn Carey: BSN, RN, Author, Speaker
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Katelyn Carey- Education/Presentations

The Science of Compassion-
a game-changing strategy for decreasing burnout and improving communication

Is it possible to teach good instincts? It actually is. Great communication doesn't just come from useable tools. The kind of strategies that meaningfully change our practice for the better work because we have a foundational understanding of the science behind them and a perspective shift that makes the use of them feel natural and intuitive. One might call this the science of compassion. Using trauma science this presentation examines interactions that occur in high stress situations and demonstrates science-based strategies that make communication effective in these times. This presentation will teach you a core perspective and approach that accomplishes connection and effective communication with your patients/clients and teams, and helps to ensure you leave each day feeling fulfilled rather than exhausted.

In this presentation, caregivers will:

- Discuss how compassion as a tool intersects with and improves self, team and client care
- Analyze different interventions and how they affect client/patient care & engagement
- Review cognitive research on the ways that stress affects mental processing
- Build a toolbox of methods that support you and your team as caregivers

Sample feedback

"An open-hearted, inspirational talk that I will carry with me the rest of my life...thank you so much!!"

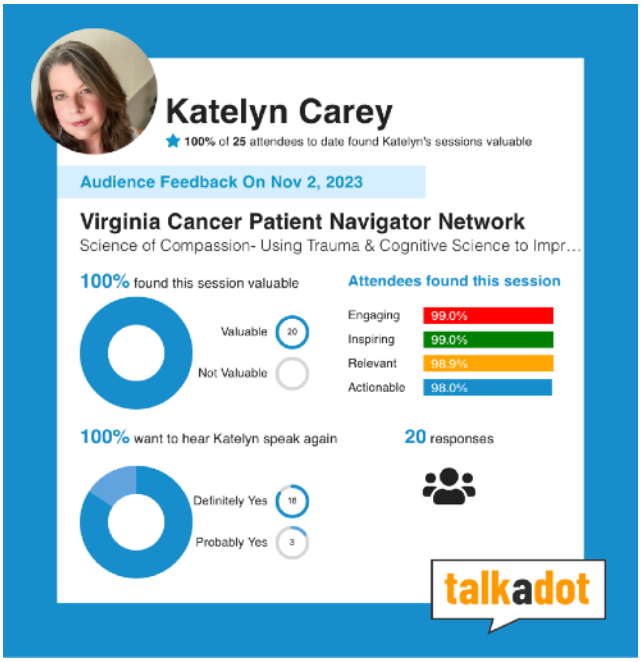
Attendee, Virginia Patient Cancer Navigator Network Events 11/2023

"Amazing. Applicable. Best learning we could ever have asked for in this profession. Definitely need more of her! A podcast :) or else! Excited for a book!"

Attendee, AL ONS Educational Event, 2/2024

"An amazing lecture! So needed! She needs to go to every department teaching this."

Attendee, AL ONS Educational Event, 2/2024



"We will be inviting her for grand rounds at our institution." *Attendee, NRC HUB Conference 9/2024*

"So meaningful - this session will change my practice more than any other, thank you!"

Attendee, NRC HUB Conference 9/2024

Website: https://katelyncarey.com

A Patient Lifeline-

how to build patient resources that are engaging, empowering and understood

Science based compassion means taking what is sometimes thought of as "soft science" concepts (like anecdotal patient stories and experiences), and pulling the data from statistics, studies, and evidence-based practices that apply to these areas. Trauma-based studies and science present a wealth of information on how people intake, process, and retain information differently when in a stressed or traumatized mindset. Cognitive science gives us understanding of the way people's minds make innate errors in judgments and responses to certain situations. These innate errors and responses oftentimes lead to poor decisions- some of which can have deadly consequences (such as up to 8% of women refusing recommended chemo due to unconscious biases tied to Identity Threat).

Using inspiring stories and well established cognitive tools, we will explore the science behind trauma-informed medical education and holistic recovery strategies. You will walk away with a checklist of how to create and optimize your own trauma-informed communication strategies and educational resources.

In this presentation, medical providers will:

- Explore methods that improve patient retention of medical education
- Examine the trauma-based science behind what keeps patients engaged and compliant with their care
- Learn cognitive science based strategies that improve patient resilience, patient decision making, and patient satisfaction
- Understand the relationship between trauma processing and altered morbidity/mortality

Sample feedback

"Mind-blowing and incredibly useful information that will change my practice."

AONN Conference attendee 5/2023

"Excellent speaker and an inspiring topic, this was my favorite presentation from the conference."

AONN Conference attendee 5/2023

"Katelyn is very engaging yet has scientific data to back up the concepts."

Attendee, Mayo Clinic Hospital Education 8/2023



Speaking Fees: are typically based on the type of presentation and event, and I work with your budget as much as I can.

My primary goal is getting this information to your teams. I prefer in-person presentations whenever possible (because live discussion/exchange is a fantastic engagement and retention tool). Please feel free to contact me directly and we will work together to meet your needs.

Real-life Resiliency Hacks-

not the stuff you should do someday, but the truly effective things you can do now

High stress jobs require high functioning (but accessible) science based strategies for self care and team care. This class provides both foundations and advanced concepts for improving resiliency, work/life balance, and general happiness. We've all been told we need to try healthy diets, more exercise, mindfulness and good sleep. If being told to do those things worked, we'd have done them already. This training recognizes that good techniques need to be paired with a solid understanding of the "why", and hacks to introduce healthy habits and ways of thinking more easily and naturally into our hectic lives.

In this presentation, participants will:

- Examine the fundamental science of stress and trauma
- Learn brain hacks for healthier perspectives and habits
- Understand ways to maximize agency and improve team dynamics in day to day practice
- Learn how to apply the 3 most powerful aspects of happiness to daily life

Sample feedback

"This presentation was deep, insightful, and highly educational. In 20 years in the field I have never before had a workshop where the presenter understood [our stressors] so well."

Michael, Firefighter/Paramedic 2021

"I really appreciate and respect the Resiliency piece: self-care, understanding your own changes in behavior, and remembering to support colleagues. I have been a nurse for 19 years and have never acquired this kind of information from a hospital. It's truly important!"

-Asante RN 2019

Full Workshop- The Science of Compassion

Partnering hard science & soft science to improve communication, care and outcomes

True change comes from a combination of perspective changes, understanding, and useable tools. Katelyn uses a series of stories, activities, and data sets to present research and data-driven principles that are immediately actionable. This workshop is a collection of the material covered in the shorter presentations, including: crisis communication strategies, the science of stress, compassion versus empathy, self-care and team-care fundamentals, and cognitive science methods to improve connection.

The outcome is a stronger, more resilient care team who is operating at the top of their abilities and ending each day feeling fulfilled.



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