



Frederika Roberts is an ordinary person who has experienced extraordinary events. In business, she has learnt at least as much from her mistakes as from the things she got right. Her personal life has been a roller-coaster of emotions, yet Frederika feels exceptionally lucky and describes herself as 'fundamentally happy'. Now she shares her poignant, emotional story and her 'Recipe for Happiness' with audiences and readers to help them be happier, more resilient and more successful at achieving their goals.

Peppered with a sprinkling of culinary references, gentle humour and a real zest for life, Frederika's talks are insightful, thought-provoking and emotionally charged, yet lively and upbeat.

Frederika is available for:

Presentations and Workshops in Educational Establishments (private and public) and Public Sector organisations .

She will travel within the UK and internationally.

Frederika is an Inspirational Speaker and author of two books. She is a qualified teacher (PGCE) with 11-16 classroom experience and has also taught English as a foreign language in summer language schools.

Of dual Italian and German nationalities, she grew up in Luxembourg before moving to the UK, where she obtained her business degree. As well as having worked in education, Frederika's experience has spanned recruitment and marketing. She has launched and run her own businesses and is a Professional Member of the Professional Speaking Association. She now lives in Yorkshire with her husband and two daughters.

Booking Frederika was a smooth and easy process from start until finish ... The presentation was engaging and both energised and captivated the audience, who went away with some real simple and effective tips that will help them maintain a 'Happy' work/life balance.

Sgt Tariq Butt, Greater Manchester Police

As always [Frederika] delivered a brilliant presentation and shared some of her great insights into the 'Recipe for Happiness'.

I would certainly recommend Frederika to anyone looking for a knowledgeable, efficient and dedicated professional speaker for any event, she really is fantastic!

Heather Hamilton, Doncaster Council

I thought you should know that after your talk I wake up everyday and think of being grateful for something in my life so my happiness levels have improved a lot. Thank you very much!

Sofia, event attendee

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