



Frederika Roberts, Professional Speaker, Laughter Yoga Leader, Author

Frederika Roberts (43) is an award-winning professional speaker, known as 'The Happiness Speaker', and President of the Yorkshire region for the [Professional Speaking Association \(PSA\)](#). Of dual nationalities – Italian and German – she was born in Italy but grew up in Luxembourg and moved to Yorkshire at the age of 18 to study for her Business and Management degree at the University of Bradford.

Immediately after the birth of her first daughter, Charlie, Frederika found out that her daughter had a multitude of rare and complex heart conditions. This discovery led her to a powerful decision: She was going to enjoy being a mum and her family was going to be a happy one, no matter what.

When, during her second pregnancy, she found out that her baby had an even rarer and more complex heart condition that was so life-threatening she was advised to consider a termination, her resolve strengthened.

On 3rd February 2010, Charlie had a cardiac arrest at the age of 12. In her darkest, most terrifying moments, Frederika found herself planning Charlie's funeral in her head, whilst clinging desperately to the hope that she would never have to actually put those plans into action. Frederika considers herself to be exceptionally lucky, because eventually Charlie made a full recovery without any lasting damage.

Between them, Frederika's daughters – Charlie (17) and Hannah (15) have had two cardiac arrests, three open heart surgeries and numerous other hospital stays, both planned and unplanned. Frederika, her husband and her two daughters have not just survived these ordeals, but found a way to thrive and enjoy what at times seemed impossible: a 'normal' family life, full of laughter, fun, school runs, work, arguments, banter and teenage angst.

English is Frederika's fourth language; she also speaks fluent Italian, French, German and a little bit of Luxembourgish and Spanish. Frederika has been a teacher, worked in recruitment and set up and run her own businesses. Now, she shares the happiness lessons she has learnt over the years with schools (pupils, teachers and parents), businesses and charities through her inspirational Speeches, Happiness Masterclasses and Laughter Yoga sessions.

Never one to shy away from a challenge, Frederika took part in 'Funny Business Doncaster' in support of Sheffield's Weston Park Cancer Hospital Charity in November 2014: As well as delivering 5 minutes of stand-up comedy to an audience of 200+ at Doncaster Racecourse – a terrifying prospect – Frederika raised over £1,500 for Weston Park.

Frederika's book, 'Recipe for Happiness: 9 essential ingredients for a happy life' is available in Kindle and Paperback at www.recipe-for-happiness.co.uk

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Frederika regularly speaks to the press and media, including BBC radio, about her expert subject and other topics. She is available to speak on:

- Happiness
- The business case for employers to focus on happiness and employee wellbeing
- Pastoral education in schools, emotional wellbeing of pupils in schools, reducing teacher stress and avoiding burnout
- Laughter Yoga
- Parenting, parenting of teenage girls, dealing with your children's illnesses, surviving hospital with your children
- Resilience
- Cooking, recipes, food blogging, Italian food

