



As the mother of two teenage daughters born with life-threatening heart conditions, Frederika has learnt happiness techniques over the years that have helped her and her family overcome 2 cardiac arrests, 3 open heart surgeries and numerous other hospital stays. She now shares these in schools.

Presentations, Masterclasses and Laughter Yoga sessions for students, staff and parents.

Frederika gave a fascinating talk to the Giggleswick School sixth form ... It was a very personal story about how she coped with a very difficult set of circumstances and went on to adopt a lifestyle which focuses on happiness, rather than any negative issues. The students were all highly engaged by her talk and many of them have gone on to do her happiness challenge.

Frederika was highly professional but also very approachable and the student feedback from her talk has been excellent.

I have no hesitation in recommending Frederika to other schools and her talk was certainly worth the fee.

Paul Adams, Teacher and Work Experience Coordinator, Giggleswick School

"Successfully attaining GCSEs (five or more A*-C) is strongly associated with higher levels of life satisfaction among young people" ('The link between pupil health and wellbeing and attainment', Public Health England Briefing , 2014)

"9.8% of children and young people aged 5 to 16 have a clinically diagnosed mental disorder." ('Mental Health and Behaviour in Schools', DfE, June 2014).

As a qualified teacher and a mother of two teenagers, Fred 'totally gets' this area and is expert in engaging young minds. Her work with us has had real impact and I am sure has created a very useful legacy for some students.

Rick Huddart, Assistant Head, The Hayfield School

Frederika ran her "Recipe for Happiness" workshop with our Upper Sixth students. On hearing that they were going to spend the afternoon thinking about happiness many were somewhat sceptical; however within seconds they were on the edge of their seats, as they listened to Frederika's remarkable story.

Throughout the afternoon the activities were varied, engaging and down right fun! The feedback from students was outstanding and I would recommend Frederika as an addition to any Sixth Form enrichment programme.

C Rogerson, Head of Sixth Form, Hill House School

Frederika is a qualified teacher (PGCE) with 11-16 classroom experience. She is Italian and German, grew up in Luxembourg and moved to the UK in 1990 to obtain her Business degree. As well as having worked in education, Frederika has launched and run her own businesses and is a Professional Member of the Professional Speaking Association and President of its Yorkshire region.

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