SPEAKER / AUTHOR / ADVOCATE

Dr. John A. King

Relentless resilience. Practical change.

Honest conversations about resilience, leadership and what it takes to move forward.

Lived experience. Blunt humour. Practical perspective for organizations ready to have a different kind of conversation.



MEET JOHN

Dr. John A. King is a speaker, author and advocate whose work draws on lived experience of trauma and recovery. He has travelled internationally speaking, leading seminars and training nonprofit and business leaders.

He is the author of #dealwithit: Duct Tape for the Soul and has appeared in the documentaries Stopping Traffic and Light in the Darkness. His approach combines honest storytelling with practical ideas for people rebuilding their lives and leaders navigating change.

SELECTED MEDIA

The Doctors / Circa News / HR Bench: Pulse
Growth Ready / The Personal Side of Business

Watch the speaker reel and explore the media library

> “Hearing him speak is truly inspiring!”
>
> Brig. Gen. Donald Harvel · Texas Air National Guard

FOR EVENT ORGANIZERS

Start with your audience.

These themes give us a place to begin. We'll talk about your event, your people and what you'd like them to take away.

Tuck Your Chin & Throw Punches

Building resilience when change, pressure and setbacks are part of the job.

The Power of Partnership

Why the people beside us matter, and how stronger relationships help us move forward.

Thoughts Are Things

Examining the mindset and everyday choices that shape what comes next.

Live from the Inside Out

Authenticity, vulnerability and the courage to build a life that reflects who you are.

Happiness, Unicorns & Other Myths

Questioning the stories we tell ourselves about happiness and what makes a meaningful life.

MORE THAN A KEYNOTE

Explore the interviews, books and advocacy behind John's work on the speaking page.

View the full speaking page

Let's set up a time to chat.

Discuss inviting John to speak to your organization.
Start with a 15-minute conversation.

Book a 15-minute conversation

John: drking@nextfoundation.org
Eva: contact@drjohnaking.com

Video & full profile