

CERYS THOMPSON

Communications Strategist | Keynote Speaker | Founder of CT Communications



Keynote and workshop guide

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CERYS THOMPSON

Communications Strategist | Keynote Speaker | Founder of CT Communications

Cerys Thompson is a communications strategist with more than **15 years of experience** working alongside CEOs, executive boards and global leadership teams.

She has shaped and delivered **communication strategies** through large-scale change and times of crisis - working closely with leaders and employees to **bridge the gap** and ensure messages are understood and acted on.

From this experience, she founded CT Communications and created the **Resonate with People™** program to help organizations and individuals communicate with clarity, confidence and purpose.

Her perspective is shaped not only by her career but also by her personal journey. After **overcoming life-threatening illness** at 30, and moving from the UK to start a new chapter in Canada, she gained a deeper awareness of **resilience and purpose** - reigniting her passion for helping others to communicate with empathy and intention.

Today, she is known for translating complexity into clear, human messages that put **people at the heart of communication**.

KEYNOTES

Cerys delivers engaging, people-first talks that combine professional expertise with lived experience.

Resonate with People™

Moving from good intentions to intentional communication.

Drawing on her Resonate with People™ framework and real stories from working with CEOs and leaders, Cerys shares how to move beyond just “sending messages” to building true connection with audiences.

This keynote offers practical strategies to align communication with purpose, empathy and audience needs so that it truly resonates, inspires action and drives results.

Great for: Communication and marketing teams, project teams, leaders and Employee Resource Groups.

The Power of Plan C

Finding purpose when life goes off script.

At 30 years old, Cerys was given just 30% chance of survival. Through multiple setbacks and experimental treatment, she discovered that resilience is built in everyday choices and that clear, empathetic communication makes all the difference.

In this keynote, she shares her journey from cancer to Canada; blending humour, honesty and hard-won lessons to inspire audiences to embrace reinvention and claim their own path forward.

Great for: Motivational events, HR teams, healthcare and medical audiences, leaders and Employee Resource Groups.

WORKSHOPS

Cerys designs workshops that combine a practical framework with discussion and application.

Other related topics available on request

Resonate with People™ through Employee Communication

Clear, consistent internal communication is the backbone of an engaged workforce.

In this workshop, participants learn how to create communication strategies that align with business goals, cut through the noise and connect with employees.

Using real-world scenarios, participants are equipped with practical tools to make messages land effectively for each individual.

Great for: Communication teams, project teams and HR teams.

Resonate with People™ through Change

Change can spark resistance, confusion or disengagement - but the right communication can turn it into momentum.

This workshop helps teams and leaders plan and deliver people-first communication during times of transformation.

Participants leave with clear steps to reduce uncertainty and keep employees motivated - even through the most complex change.

Great for: Communication teams, change and project teams, HR and leadership groups.

Resonate with People™ through Leadership

Great leaders aren't just remembered for what they said - but for how they showed up when their people needed them most.

In this workshop, participants learn how to communicate with empathy, clarity and intention - plus examples of what not to do.

This includes tools and techniques to build trust, navigate tough conversations and inspire action across all levels of the organization.

Great for: Senior leaders, emerging leaders and leadership development programs.

FORMATS

Cerys offers flexible session formats designed to fit different audiences, schedules and budgets.

Keynote / Speaker Session (45–60 minutes)

- Inspiring, story-driven talks to energize and challenge thinking
- **Great for:** Conferences, leadership offsites, community events or Employee Resource Group sessions

Lunch & Learn (60–90 minutes)

- Perfect for quick, engaging introductions to new skills or perspectives
- **Great for:** Employee Resource Groups, Learning & Development programs, skill building initiatives

Team Meeting Session (30–60 minutes)

- Add value to existing team or leadership meetings with a focused session on communication or leadership skills
- **Great for:** Monthly learning topics or an agenda item for a longer team strategy or training day

Interactive Workshops (Half day 3–4 hours / Full day 6–7 hours)

- Combines practical learning, exercises and group discussion for deeper impact
- **Great for:** Dedicated training and upskilling for individuals and teams

RATES

All rates available on request and are customized to your audience, goals and format.

Travel and virtual options are available.

Group packages and tailored series are also available (e.g. multiple sessions, leadership programs or a mix of keynotes and workshops).

Extend the learning

Pair workshops with the **Resonate with People™ online course** for long-term impact:

- Group access available for organizations
- Ideal as a follow-up to workshops or keynotes to reinforce skills
- Provides employees with step-by-step resources, exercises and templates to continue applying lessons
- Affordable way to scale learning across larger teams

TESTIMONIALS



CT Communications and Cerys have been incredible to work with. I am beyond thankful for her guidance and expertise.

Natosha Wareham-Bakker
Canada



She was able to quickly understand our needs, create a plan and craft clear and compelling messages suited for a variety of audiences.

Anna Olson
USA



I was greatly impressed with Cerys' creativity, strategic approach to communications and deep understanding of organisational change.

Nick Freeman
UK

Organizations include:



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