



Kirstin Furber is an accomplished presenter and speaker, sharing her knowledge and unique experience gained in a number of HR roles. These include senior positions at:

- **BBC Worldwide**, where she spent over seven years as People Director developing the organisation's culture to support and deliver a global growth strategy.
- **20th Century Fox**, during a time when the market was shifting towards digital
- **Discovery Channel** and later **Kantar** gaining valuable international experience as International Vice President

Currently, Kirstin is People Director for all **Channel 4's** People functions, leading a strategy to enable and underpin a dynamic culture that fosters creativity, diversity, inclusion and innovation. Kirstin is also a non-executive director for **British Wheelchair Basketball**

Kirstin is on a mission to make the world a better place to work. In a typical working life people may spend 120,000 hours at work. Kirstin believes these should be as satisfying, rewarding and productive as possible, for individuals and the organisations in which they work. Recently, working with academics from the University of Exeter, she's researched and explored the causes of the Sunday Night Blues, a negative feeling you get on a Sunday that can impact your ability to perform your best on Monday. Unchecked, the Sunday Night Blues can have a profound effect on employee well-being, productivity and retention



In her entertaining and deft presentations, Kirstin shares her findings and personal strategies to build cultures where employees can thrive. She develops honest, pragmatic, applicable tools and techniques for leaders to use to improve performance and employee engagement, breaking down ideas into digestible chunks to take away and use for personal and organisational success.

Kirstin is passionate about organisations supporting individuals to be their best, so as to drive company results. Her resource site (kirstinfurber.com) has been developed specifically to support leaders looking to create a human culture at work and she also has a commitment to support people to banish the Sunday Night Blues.

www.kirstinfurber.com

e: kirstinfurber@me.com