



Christie Watson

AUTHOR

Burnout, attrition, and moral injury are now operating risks in any organisation that depends on people doing demanding work for other people. Leaders know the wellbeing slide deck no longer convinces a fatigued workforce. The harder question is what compassion actually means as an institutional practice, and how it survives staff shortages, cost pressure, and the temptation to professionalise it into a metric.

Christie Watson is a former nurse of twenty years and a Sunday Times number one bestselling author who helps organisations think honestly about compassion, care, and the wellbeing of the people doing the work.

Christie Watson's 2026 Biography

AVAILABLE FOR

- Speaking

Why organisations work with Christie Watson

- Two decades on hospital wards, including paediatric intensive care and resuscitation roles at Great Ormond Street, St Mary's Paddington, and Guy's and St Thomas', give her a direct authority on care under pressure that consultants and academics cannot replicate.
- *The Language of Kindness* reached number one in the Sunday Times list and stayed in the top ten for five months, evidence that her articulation of care work resonates well beyond a clinical audience.
- A Costa First Novel Award winner and a UEA professor, she translates the texture of frontline experience into language that lands with senior, sceptical audiences.
- She offers a serious counterweight to wellness-industry framing: a vocabulary for compassion, moral injury, and staff burnout that is grounded in lived practice, not vendor messaging.

CHRISTIE 'S SPEAKING THEMES

- Employee Wellbeing
- Mental Health in the Workplace
- Motivation and Inspiration
- Purpose-Driven Leadership
- Resilience & Stress Management
- Storytelling & Business Communication

Biography highlights

- Author of eight books across fiction and memoir, including *Tiny Sunbirds Far Away*, *The Language of Kindness*, *The Courage to Care*, and *Moral Injuries*.
- Costa First Novel Award winner for *Tiny Sunbirds Far Away* (2011).
- Sunday Times number one bestseller for *The Language of Kindness*, with translations in 23 languages.
- Professor at the University of East Anglia, holding appointments associated with creative writing and medical and health humanities.
- Honorary Doctor of Letters, University of East Anglia.
- Patron of the Royal College of Nursing Foundation; contributor to The Times, Sunday Times, Guardian, Telegraph, and TEDx.

LANGUAGES: English

Biography

The hardest work in any organisation is usually the work that involves caring for other people, and it is also the work most likely to be reduced to a slogan. Christie Watson spent twenty years inside that reality as a nurse, in paediatric intensive care and as a resuscitation officer at Great Ormond Street, St Mary's Paddington, and Guy's and St Thomas'. Her writing started inside that experience and has stayed there.

The Language of Kindness drew on those two decades and reached number one on the Sunday Times list, where it stayed in the top ten for five months. It has been translated into 23 languages and adapted for theatre. Her debut novel, *Tiny Sunbirds Far Away*, won the Costa First Novel Award in 2011. Later books, including *The Courage to Care* and the novel *Moral Injuries*, continue to sit at the meeting point of medicine, ethics, and ordinary human life.

She is a professor at the University of East Anglia, where she completed her own MA in creative writing and was awarded an Honorary Doctor of Letters in 2018. She is a patron of the RCN Foundation and a contributor to The Times, Sunday Times, Guardian, Telegraph, and TEDx. Her standing inside nursing and outside it is unusual and gives her a hearing in rooms that rarely listen to the same voice.

For senior audiences, she offers something specific. A way of talking about compassion, moral injury, and staff wellbeing that does not rely on borrowed corporate framing, and a sense of what care actually costs the people who provide it.

Key speaking topics

- Compassion and care in high-pressure organisations
- Moral injury and burnout in frontline workforces
- Storytelling as a tool for organisational understanding
- Mental health and wellbeing beyond the wellness industry
- The lived reality of healthcare and caring professions
- Kindness as an institutional discipline

Ideal for

- CHROs, chief people officers, and wellbeing leads in organisations with frontline or caring workforces
- Healthcare boards, NHS leadership, and clinical executive teams
- Conferences on workplace mental health, employee experience, and the future of work in human-intensive sectors
- Universities, professional bodies, and membership organisations addressing the future of caring professions

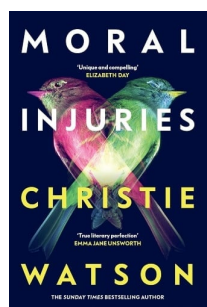
Audience outcomes

- A more honest vocabulary for compassion, moral injury, and burnout, grounded in twenty years of frontline practice
- A sharper sense of why standard wellbeing programmes underperform with fatigued workforces
- An authentic, first-person account that senior audiences remember and quote afterwards
- A reframing of care as a serious institutional practice, not a soft attribute

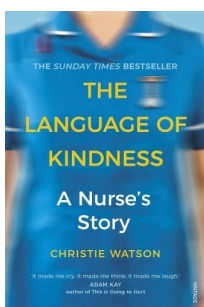
Christie Watson's Videos



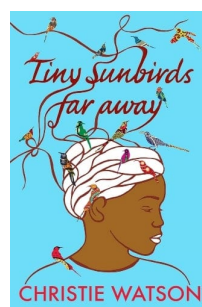
CHRISTIE 'S LATEST BOOKS



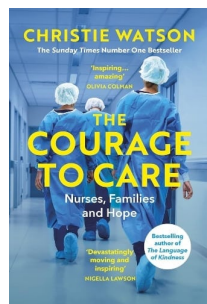
Moral Injuries



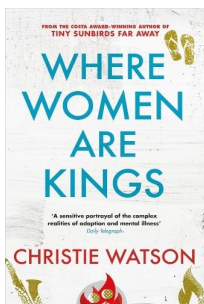
The Language of Kindness: A Nurse's Story



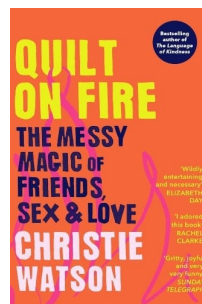
Tiny Sunbirds Far Away



The Courage to Care: A Call for Compassion



Where Women are Kings



Quilt on Fire: The Messy Magic of Friends, Sex & Love

Christie Watson's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	Please enquire	Please enquire	Please enquire
Europe	Please enquire	Please enquire	Please enquire
Middle East & Africa	Please enquire	Please enquire	Please enquire
South America	Please enquire	Please enquire	Please enquire
United Kingdom	Under €12000	Under £10,000	Under \$15000
US East Coast	Please enquire	Please enquire	Please enquire
US West Coast	Please enquire	Please enquire	Please enquire
Virtual	Please enquire	Please enquire	Please enquire