

A portrait of Dr. Miriam Kirmayer, a woman with long dark hair, smiling warmly. She is wearing a white button-down shirt and a thin gold necklace. The background is a soft, light-colored gradient.

# MIRIAM DR. KIRMAYER

**Create connections that count—  
and that you can count on.**

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Dr. Miriam Kirmayer is a clinical psychologist, keynote speaker, and leading friendship expert who helps people recapture and create supportive connections in our disconnected modern world.

**@MIRIAMKIRMAYER | MIRIAMKIRMAYER.COM**

# Meet Dr. Miriam Kirmayer

Dr. Miriam Kirmayer is a clinical psychologist, leading friendship expert, and **one of the most influential speakers** on human connection and social support.



“Strong, supportive connections aren’t a nicety. They are a **necessity.**” — DR. MIRIAM KIRMAYER

With over a decade of research in the science of friendship, Dr. Miriam’s work is **revolutionizing** the way we show up for, encourage, and connect with each other.

Working at the intersection of **mental health** and **social well-being**, Dr. Miriam Kirmayer helps people to **close the connection divide, strengthen their friendships and relationships**, and **build the supportive networks** that contribute to a full and rewarding life. Her hands-on research and relatable advice have helped leading companies, organizations, and renowned academic and healthcare institutions boost belonging, engagement, well-being, and mentorship — while giving their teams the tools that benefit them far beyond the workplace.

As one of the first and only clinical psychologists to **specialize in friendship** and platonic connection, Dr. Miriam inspires people worldwide to recognize that we’re all at our **happiest** and **healthiest** when we invest in the moments that matter — and the **connections that count.**

## BY THE NUMBERS

# 60K+

People showing up to Dr. Miriam’s active **community** and **speaking engagements.**

# 15+

Years of research on the **science of friendship**, connection, and the psychology behind it.

# 500+

Media engagements and keynotes on **strengthening relationships** and resilience.

# 1M+

Reach through **writing, op-eds, and interviews** as a thought-leader for global publications and outlets.

“**Informative, provocative and unexpected, persuasive...** super engaging, highly interactive and conversational, great topic expert, gave the participants a ton of **‘take home value.’**”

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MORE ABOUT DR. MIRIAM

@MIRIAMKIRMAYER | MIRIAMKIRMAYER.COM | MIRIAM@MIRIAMKIRMAYER.COM

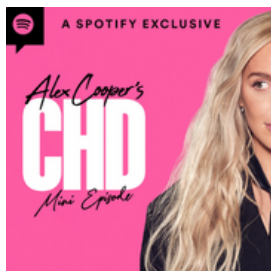
READ, LISTEN  
& WATCH



THE GUARDIAN

It's Time To Rethink  
What Loneliness Is

READ NOW



CALL HER DADDY

The Guide to  
Navigating Friendship

LISTEN NOW



THE TODAY SHOW

Why Best Friendship  
is So Important

WATCH NOW

A LEADING VOICE IN THE MEDIA

Dr. Miriam is changing the  
way we think about our  
friendships and connections  
— one conversation at a time.

Dr. Miriam regularly shares her **insights** and **expertise**  
on friendship, connection, belonging, and more in  
**global outlets** and on **industry-leading podcasts**.

“I truly think Dr. Miriam Kirmayer is  
doing for friendships what Brené  
Brown has done for shame”.

MADLINE CALDWELL  
MANAGING PARTNER, 212 COMMUNICATIONS  
CO-CREATOR OF WORKING MOM HOUR

WORKING  
MOM  
HOUR

The  
Guardian

The New York Times

The Atlantic

Forbes



THE CUT

THE WALL STREET JOURNAL

VOGUE

Psychology Today

TIME

Dr. Miriam also **contributes her expertise** as a  
psychological consultant to both the media and  
connection-driven organizations around the world. She  
sits on the **Mental Health Advisory Committee for**  
**Wondermind**, a mental fitness company co-founded by  
Selena Gomez, and is a **trusted consultant** for **The**  
**Foundation For Social Connection**.

DR.M

# Dr. Miriam helps people and organizations close the connection divide and readily build resilient, supportive relationships.



For over 15 years, Dr. Miriam Kirmayer has been leading (and listening to) our collective conversations about friendship, connection, and loneliness while sharing what it truly takes to **build** and **sustain** the **supportive relationships** that **fulfill our need for connection and belonging**.

Grounded in a philosophy that encourages **mental wellness** and **professional growth** through meaningful relationships, Dr. Miriam Kirmayer helps people, teams and organizations create **resilient connections**, **supportive workplaces**, and **deeply fulfilling lives**.

[WATCH DR. MIRIAM SPEAK](#)

JOIN THESE CONNECTED COMPANIES



WHAT PEOPLE ARE SAYING

“Thoughtful, prepared, intentional, and respectful —**one of the most highly attended sessions** of our 3-day event.”

**MEG WALLACE**  
MANAGER, FOUNDATION FOR SOCIAL CONNECTION & COALITION TO END SOCIAL ISOLATION AND LONELINESS

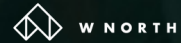
“A **wonderful, inspiring, and uplifting** speaker—the perfect way to kick off our biggest conference yet.”

**SETAREH ZIAI MD, FRCSC**  
CO-FOUNDER & PAST-PRESIDENT  
CANADIAN WOMEN IN MEDICINE



“A **resounding triumph** with fantastic feedback from all participants that laid the foundation for **many great relationships.**”

— IVA KUBICKOVA  
GLOBAL DIRECTOR, MEMBERSHIP & MARKETING



## KEYNOTE TOPICS & OFFERINGS

**Dr. Miriam delivers the tools, training, and mindset shifts we need to turn everyday moments into opportunities for greater connection, belonging, and support.**

**EACH HIGHLY-TAILORED KEYNOTE INCLUDES:**

- ✓ Science-backed data + research
- ✓ Instantly implementable tools
- ✓ Relatable storytelling
- ✓ A healthy dose of humor and humanity

DR!M

## UNPACK THE SCIENCE OF FRIENDSHIP

# Bridge the Connection Divide

Relationships are the road to well-being — discover the steps to **closer connections**.

**Feeling connected— to our friends, our colleagues, and our communities — is one of the most powerful predictors of our health, happiness, and success.**

Even though we are hard-wired for connection, so much can get in the way of strong, healthy relationships: distance, technology, the busy-ness of life, and, most of all, the **misconceptions** we have about **what it takes to build authentic friendships and relationships**.

In her thought-provoking signature keynote, Dr. Miriam **unpacks the science of friendship and connection** to help people build the relationships that can inform and transform their lives. Discover the **key practices, skills, and mindset shifts** that improve connectivity, reduce feelings of loneliness, fortify our personal and collective well-being, and **bridge the connection divide**.

Through sharing her professional insights and personal experiences, Dr. Miriam helps us to **recalibrate** the way we think about, prioritize, and invest in creating the friendships and connections that count, and ultimately add up to a **full and fulfilling life**.

## AUDIENCE KEY TAKEAWAYS:

- Learn why investing in our friendships and connections is the **#1 thing we can do for our health, well-being, and success**
- Debunk the top myths and **limiting beliefs** that contribute to loneliness and stand in the way of closer connections
- Take home the **key practices, mindset shifts, and actionable strategies** that strengthen relationships and resilience, even in times of stress, uncertainty, and change

## THIS KEYNOTE IS PERFECT FOR:

- Companies and organizations who want to **invest in their people's health and well-being** while creating a stronger sense of belonging, collaboration, and cohesion
- **Community-driven conferences and associations** that want to increase engagement, participation, and the impact of networking events
- Individuals wanting **proven tools and personalized resources** to strengthen their social health and relationships at work, at home, and everywhere in between

THRIVE TOGETHER

# Elevate Support & Connected Mentorship

How to take support from **transactional** to **transformational** — and show up when it matters most.

**What do people really need to hear (or to happen) when things are challenging or uncertain? How can we encourage growth and support change without compromising on connection and compassion?**

In this empathy-centered keynote, Dr. Miriam reveals the **4 supporter archetypes** and shares how to **maximize support** and become a **connected mentor** by moving from reflexive to responsive. Learn to gauge the right kind of support, guidance, and feedback that is needed in any situation – and to deliver it more **effectively** and **impactfully**.

From leaders and managers, to mentors and peers, everyone has the opportunity to **better show up for and support others** — and contribute to a culture of reciprocated care, belonging, and shared growth. Harness the power of connection to **elevate collective well-being** and bring out the best in your community and the people who make it extraordinary.

## AUDIENCE KEY TAKEAWAYS:

- Learn the **4 supporter archetypes** and discover your unique supporter strengths and slip-ups to better understand yourself—and the people around you
- Exchange **support, guidance, feedback, and mentorship** more thoughtfully, effectively, and impactfully
- Take initiative and learn how to **ask for support and guidance** when it is needed
- Appreciate the responsibility and opportunity we each have to **better care for each other** — so we have the courage and clarity to follow through.

## THIS KEYNOTE IS PERFECT FOR:

- Leaders and managers who want to help **build agency and autonomy** in their teams
- Organizations and industries looking to **promote psychological safety, connection, and support**, during times of burnout, change, and uncertainty
- Companies, entrepreneurial organizations, and healthcare institutions, looking to **elevate mentorship, sponsorship, and peer support** initiatives
- People wanting to support their friends, family, colleagues, and community **more meaningfully**

## BOLSTER WORKPLACE BELONGING

# Cultivate the Three Pillars of Connection

How to encourage, empower, and equip your teams to connect to each other — and a **better way to work**.

Hybrid and remote work. Returning to the office. Differing views and values. Technology and a reliance on digital communication. **All can contribute massively to the increasing rates of loneliness, disengagement, and burnout. But they also present opportunities—for collaboration, for inclusion, and for stronger social health.**

In this interactive keynote, Dr. Miriam translates her groundbreaking research on the science of friendship into **an actionable framework that every organization can use to co-create a powerful culture of connection with their employees**—and build an energizing environment where people are motivated, supported, and recognize that they belong.

Join the growing list of organizations who are **harnessing the power of connection** to increase innovation, collaboration, engagement, and retention — while also contributing to the health and well-being of their employees far beyond the workplace.

## AUDIENCE KEY TAKEAWAYS:

- Understand the **value of connection** and why it's a primary focus of today's leading organizations
- Identify the **three pillars of healthy connections** at work—and how everyone in the company benefits from and contributes to them
- Learn **practical tools** for improving communication, strengthening relationships, and coping with conflict and uncertainty at work
- Cultivate a workplace that leads to **greater belonging, psychological safety, and connection in every environment**, from hybrid and hot desking to in-person work

## THIS KEYNOTE IS PERFECT FOR:

- Organizations wanting to **retain** and **invest** in their people, from recent hires to top talent and emerging leaders
- Managers & leaders who want to become **better mentors, strengthen communication and cohesion**, and **gain the trust** of their employees
- Organizations seeking a healthy way to **prepare for and navigate mergers, acquisitions, restructuring**, and other **significant changes**
- HR professionals who want to **foster a deeper sense of community** that transcends the barriers of distance and a remote/hybrid workforce



## Spark deeper conversations, closer connections, and transformational support

Dr. Miriam's **Workshops & Connection Cultivators** are strategic sessions, lessons, and experiences designed to help people-first organizations further strengthen their relationships and resilience.

### DR. MIRIAM'S SIGNATURE FRIENDSHIP EXPERIENCE

## The Friendship Forum

This interactive, engaging, and connection-building guided discussion combines **actionable strategies** with **research-backed insights** and **relatable anecdotes**, encouraging attendees to explore (and apply!) what it takes to make and keep resilient friendships in adulthood.

LAUNCH A FORUM

### THRIVE TOGETHER KEYNOTE ADD-ON:

## Coping & Connection Workshop: Build Your Support Toolkit

Through **moderated discussion**, **group exercises**, and **guided self-reflection work**, this action-centric workshop gives people the clear, tangible tools they need to **cope with stress**, **build resilience**, **exchange support**, and **deepen their connections** in the process.

BOOK YOUR EXPERIENCE



### SIGNATURE WORKSHOP ADD-ONS

## Connection Cultivators

All Connection Cultivators can support your next keynote event — or serve as a standalone catalyst for a connection-centric culture. [Explore all Connection Cultivators here.](#)

# 6 Reasons to Bring Dr. Miriam to Your Next Event

## 01 TRUE PROFESSIONALISM

Dr. Miriam approaches every speaking opportunity with **genuine interest**, **preparedness**, and **respect**, drawing on her background as a clinical psychologist to share evidence-based guidance that actually works and allows us to strengthen both our relationships and our resilience.

## 02 RESPONSIVE CUSTOMIZATION

Not just customized — personalized. Dr. Miriam collaborates directly with your team to deliver memorable storytelling, tools, and takeaways — all tailored to your people, your goals, and your values. While Dr. Miriam's message is universal, you'll feel like it was created just for you.

## 03 RESEARCH-BASED & HEART-CENTERED

The takeaways from Dr. Miriam's events are grounded in both **science** and **shared humanity**. She regularly draws on her firsthand academic research and clinical experience as a therapist. Dr. Miriam has a focused method of preparing and creating keynotes, including **pre** and **post event calls** to share insights gleaned and **impart takeaways** that promote ongoing connection and learning.

## 04 HUMAN CONNECTOR

Dr. Miriam has been known to stick around after an event to continue the conversation. She makes an effort to **connect directly** with meeting planners, team leaders, and AV teams and, when possible, attends **post-event gatherings and receptions**. There's a reason why so many of her speaking clients return for future events!

## 05 CHANGE & GROWTH CATALYST

Dr. Miriam's events are so much more than momentary talks — people step out of the room already **feeling connected**. That newfound energy can continue with expanded learning through Dr. Miriam's **engaged online community and connection catalysts**, including digital courses, corporate workshops, consulting, and more.

## 06 DYNAMIC DELIVERY

Dr. Miriam shows up in ways that are **authentic** and **deeply honest**. Her dynamic delivery of relatable takeaways results in meaningful mindset shifts and clear next steps that are memorable, easily integrated, and leave people **feeling empowered, uplifted, and ready to take action**.

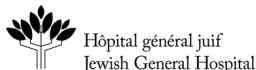
“**Absolutely outstanding!** I already mentioned how useful and refreshing this session was to my team. **I adored Dr. Kirmayer's approach.** This is going to be the first presentation that I am going to **re-watch.** I would love for her to come back, and even better, do workshops with her.”

Canadian Innovation Centre for  
Mental Health in the Workplace  
Government of Canada

Canada

“You would be hard pressed to find a speaker who delivers her subject matter with more **warmth** and **authenticity** than Miriam. She is truly an expert who **engages her audience with fascinating insights.**”

Elizabeth Weiner  
Jewish General Hospital Auxiliary



“Dr. Miriam gave a **wonderful speaking session** and Q&A at a brand event for one of our clients. She did an excellent job of not only presenting to our group, providing tips to strengthen friendship amongst the busyness that comes with adulthood, but she also made sure to **engage the group throughout her time with us**, even as far as **staying after her session to continue conversations.** She was receptive to feedback, open to collaboration, and was communicative throughout the entire process. We received **nothing but positive notes** from those in attendance and from our client.”

Meredith Sedgwick  
Senior Account Manager, Citizen Relations



[MORE TESTIMONIALS](#)



**“What matters more than the number of connections you can count is the quality of relationships you can count on.”**

Unlock closer connections, better belonging, and elevated support and mentorship with Dr. Miriam's tailored keynotes + workshops for people-first companies. Ready to get started? Book your event below!

[BOOK DR. MIRIAM](#)

*Dr. Miriam Fimager*

**READY TO START CULTIVATING CONNECTIONS THAT COUNT?**

**Get more information on how to book and everything you need to make your event a success.**

[ACCESS RESOURCES](#)

Access high-res headshots, downloads, introductions, and more. Please contact Dr. Miriam for additional questions or collateral.