Taes Leavitt, Bio **(short)**

Taes Leavitt is a two-time JUNO Award winner, internationally acclaimed children's performer, and founder of The Big Heart Journey, a platform which supports kids and their grown-ups in understanding and navigating big feelings. For over two decades, she has created award-winning music, media, and programs that build connection and emotional resilience. Her work includes content for Sesame Street, Disney, and Treehouse TV.

ONE-SENTENCE BYLINE

Award-winning television creator helping kids and their grown-ups build connection by transforming how they navigate big feelings.

Taes Leavitt: Bio **(Extended)**

As seen on *The Today Show*, Taes is an award-winning creator of children's television and live experiences who is reshaping how we understand and navigate emotions. A 2x Juno Award winner (Canadian Grammys!) with credits on Sesame Street, Treehouse TV and Disney Jr., she brings over 20 years of performance experience and thousands of shows worldwide to address one of today's most pressing challenges: people of all ages are experiencing overwhelming feelings, making it harder for kids to learn, teachers to teach, and workplaces to thrive. Educators are expected to manage children's emotions without proper training, and despite everyone's best efforts, we still don't know what to do or how to effectively manage these big emotions.

The problem isn't a lack of caring or trying—it's that we're using an outdated emotional language that simply isn't working anymore. In a world where hope feels scarce for both children and adults, Taes recognized that we need an entirely new way to talk about and understand feelings. This insight led her to develop the Big Heart Journey program, which doesn't just address emotions—it restores hope by giving people practical (and fun!) tools that actually work. This innovative approach, approved by pediatricians and psychologists, creates a bridge between what we're experiencing internally and how we express and manage those experiences.

Life is a journey that brings many feelings, and the Big Heart Journey fills educators' and students' toolboxes with hands-on skills they can use in the moment. Drawing from her extensive background in children's entertainment alongside developmental psychology and mindfulness practices, Taes has created programs that provide practical, accessible, and innovative solutions. Her interactive presentations weave together storytelling, experiential learning, and neuroscience-based strategies, giving participants immediate tools to process emotions in healthy ways.

Whether working with elementary students learning this new emotional language, teenagers navigating complex feelings, or educators seeking practical classroom strategies,, Taes empowers audiences to build resilience and create supportive environments. Her programs offer mindfulness solutions and tools that actually work—fun, innovative, and immediately applicable to real-life situations.

Through her unique blend of entertainment expertise and mental wellness innovation, Taes is creating the new language we desperately need to support emotional well-being across all ages and environments—one heart, one classroom, one workplace, and one community at a time.

SPEECH TOPICS

1. The Big Heart Journey (k-8): Building Emotional Resilience through Teaching Kids a New Language of Emotions.

An engaging, interactive experience that teaches children practical (and fun!) strategies for understanding and managing their big feelings. Using research-backed mental wellness practices delivered through storytelling, music and experiential learning, students learn in-the-moment techniques to navigate emotions, build confidence, and strengthen relationships with teachers, parents and peers. This pediatrician and psychologist-approved program transforms how kids process emotions while having fun in the process.

2. The Big Heart Journey (for teens!)

A powerful program designed specifically for adolescents during their transformative years, bringing hope back to teens who often feel overwhelmed by their emotions. Drawing from neuroscience and evidence-based practices, this presentation speaks to teens in their language, helping them understand and process complex emotions through real-talk discussions, storytelling, and hands-on experiences. Teens leave with renewed hope and active strategies they can use immediately to handle big feelings in healthy ways and build lasting emotional well-being.

3. Big Heart Classroom: Helping Students Understand and Talk about Emotions (Educators)

When big feelings show up in the classroom, teachers need practical tools that actually work, and kids want to do. This transformative professional development replaces that sense of overwhelm with confidence and practical tools educators can use immediately. Teachers learn hands-on, science-driven strategies for responding to big feelings in the moment, plus proactive techniques to pre-pave positive classroom experiences that prevent emotional escalation. Using an entirely new language and framework for understanding emotions, educators fill their toolboxes with skills that create supportive environments where both teachers and students can thrive emotionally and academically.

4. Big Heart Leadership: Reshaping How We Understand & Navigate Emotions (Corporate)

An innovative approach to workplace mental wellness designed for organizations looking to help their teams manage emotions effectively, and be happier (no matter what is happening!) The Big Heart Journey offers accessible, fun, and practical mindfulness strategies. Drawing from the same principles that transform classrooms, this presentation provides teams with a new language for emotional intelligence and hands-on tools for managing workplace stress, improving communication, and building resilience in professional environments.

5. Big Heart Journey: Building Stronger Relationships Through Emotional Understanding (Parents, Community)

Life is a journey filled with many feelings, and this presentation introduces audiences to a revolutionary new way of talking about and understanding emotions. Moving beyond outdated approaches that aren't working, participants learn practical strategies for creating deeper connections in families, schools, and communities. This program provides parents, teachers, and caring adults with innovative tools for supporting emotional growth while building the resilient relationships that help everyone thrive.