

# elaine kasket

## PRESS PACK

Talent Manager

<https://www.speakingoffice.com/>

Literary Agent

<https://www.hardmanswainson.com/>

Publisher

<https://eandtbooks.com/>

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## Downloads

Press Photos (credit Nicolas Laborie)

[https://drive.google.com/drive/folders/1jMZ6Qqkh1nufMgb\\_jmD3tHPrN3sNz6hg?usp=share\\_link](https://drive.google.com/drive/folders/1jMZ6Qqkh1nufMgb_jmD3tHPrN3sNz6hg?usp=share_link)

CV

[https://drive.google.com/file/d/1kUHWdkq9uc2qoi68ABztSJ-RxUUf19\\_P/view?usp=share\\_link](https://drive.google.com/file/d/1kUHWdkq9uc2qoi68ABztSJ-RxUUf19_P/view?usp=share_link)

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## Short Bio

Dr Elaine Kasket is an expert on technology's role within our work, individual psychology, and relationships. In a tech-dominated world, she helps her audiences and clients centre their humanity, nurture their connections with others, and maximise mindful, values-aligned personal and relational agency. Her latest book is *Reboot: Reclaiming Your Life in a Tech-Obsessed World* (2023). She is a leading Counselling Psychologist, inspiring keynote speaker, effective psychological/ transformational coach, and seasoned storyteller.

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## Long Bio

Dr Elaine Kasket is an expert on technology's role within our work, individual psychology, and relationships. In a tech-dominated world, she helps her audiences and clients centre their humanity, nurture their connections with others, and maximise mindful, values-aligned personal and relational agency. She is a leading cyberpsychologist, inspiring keynote speaker, effective psychological/transformational coach, and seasoned storyteller.

Dr Elaine Kasket is an HCPC-Registered Counselling Psychologist and an Associate Fellow of the British Psychological Society. In 2020, she was made an Honorary Professor of Psychology at the University of Wolverhampton for her body of work on life in the digital age. She is a Fellow of the Royal Society of Arts and a Senior Fellow of the Higher Education Academy.

Elaine is the author of *All the Ghosts in the Machine: The Digital Afterlife of Your Personal Data* (Robinson, 2019), in which she argues that what happens to our data when we die is the perfect lens for understanding the true power big tech wields over our information and our identities.

Her latest book is *REBOOT: Reclaiming Your Life in a Tech-Obsessed World* (Elliott & Thompson, 2023), in which Elaine explores how we can reclaim much of that power. At this juncture, with AI growing in strength and influence, Elaine explores how we can retain our fundamental humanity and nurture our relationships at every stage of life, and life more mindfully with and through technology.

Elaine is currently editing her first novel, which takes the experience of meeting a mysterious stranger online to a disturbing new level. She publishes [Reboot: Your Life on Tech](#), a newsletter + podcast via Substack, and a creative storytelling podcast, [Wednesday's Ghost](#). She tells tales onstage and online for The Moth, Mortified, Bodies of Stories and Perfect Liars Club, amongst others.

Elaine has featured at TEDx Oxford, York Festival of Ideas, Oxford Ideas Festival, and Congreso Futuro and is in high demand as a keynote speaker and trainer. She has also appeared at Norwich Theatre Royal's 'Creative Matters', the Milton Keynes International Festival, the House of Beautiful Business, the Budleigh Salterton Literary Festival, the Essex Book Festival, the British Science Festival, the Let's Reimagine festival, Just Festival/Death on the Fringe, and the Edinburgh Science Festival. She is an experienced and inspiring interviewer, panel speaker, and corporate speaker and trainer.

Speaking about life, death, privacy rights and the power of big tech, Elaine has appeared in diverse media, to include *Huffington Post*, *Readers Digest*, *The New Statesman*, *Psychology Today*; *The Telegraph*; *The Observer*; *The Sun*; *The Daily Mail*; *The Independent*; *The Guardian*; *Times Literary Supplement*; *FT*; *Bloomberg Tax*; *IAI News*; *The European*; *BBC Science Focus*; *Prevention*; *Evening Standard*; *City AM*; *The New Scientist*; *The Psychologist*, *BBC Breakfast*; *BBC Ideas*, *BBC World*; *BBC's Talking Business with Aaron Heslehurst*; *ITN's Channel 4 News*; *Radio 4's Today Programme*, *PM*, *We Need to Talk About Death*, *Woman's Hour*, *You and Yours*, and *The Digital Human*; *The New Scotsman*; *Germany's Der Spiegel*; *Portugal's Visão*; *Brazil's O Globo*; *the Irish Times*; and the Australian Broadcast Corporation's *The Philosopher's Zone*. She has been a podcast guest on *The Actionable Futurist*, *BBC Business Daily*, *Digital Mindfulness*, *Human Tech*, *Future Imperfect*, *Techtonic with Mark Hurst*, *Death Goes Digital* and *Prospect*, amongst many others.

Elaine has published many academic journal articles and book chapters and a professional book for aspiring practitioners (*How to Become a Counselling Psychologist*, 2017). She co-edited *The Handbook of Counselling Psychology* (4th Ed.) (2016). She maintains a busy coaching practice and provides psychotherapy for individuals and couples.

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**NB:** Event organisers can choose material from the above description or from Elaine's website for introductions, bios, and other useful contextual information.

## Social Links for Inclusion and Testimonial

**Website:** Please backlink where possible to <https://www.elainekasket.com>

**Reboot: Your Life on Tech (Substack newsletter):** My weekly news + story letter + podcast on <https://lifeontech.substack.com>

**Medium:** <https://elainekasket.medium.com>

**Facebook:** <https://www.facebook.com/elainekasketauthor/>

**Twitter:** @elainekasket or <https://www.twitter.com/elainekasket>

**YouTube:** <https://www.youtube.com/@drelainekasket>

**LinkedIn:** <https://uk.linkedin.com/in/elaine-kasket> - a testimonial from organisers after an event is appreciated

**Instagram:** <https://www.instagram.com/elainekasket>

**Coaching and Therapy Practice Website:** <https://www.drelainekasket.com>