

Suke Ridler

Motivational Speaker
Founder of My LifeJars



Suke Ridler the Founder & CEO of My LifeJars.

My LifeJars is a secure platform to organize your life & capture memories in one secure place.

Suke heads up a multi-national team, coordinating the development & launch of My LifeJars globally as well as the commercialisation of 3 other cyber security products on its patented security system.

Her career as an entrepreneur commenced when she established and began operating a family Vineyard, Winery & Cellar Door in the NSW town of Mudgee. Ever-versatile, Suke also ran a heritage breed of sheep, having learned to birth lambs from YouTube videos.

Suke grew up in London, had a 20-year career as a Consulting Engineer in Acoustics both in the UK & Australia, before 10 years as a Physics Teacher. She has qualifications from the Universities of Southampton, Heriot-Watt and Cambridge in engineering and teaching.

If the past two years have proved anything, it's that the time all of us have left is precious but limited...

We never know what the future has in store or when to expect an untimely departure. Whether that's tomorrow, next week, next year or in a decade or more, it's still inevitable. For better or worse we all share the same fate.

Suke is one of the lucky ones to have survived her brush with death...

I was going about my life, feeling relatively healthy, with plenty of time left ahead of me. The next thing I know, I was drifting in and out of consciousness...

Suke has also had to work through some complex family issues dealing with end of life matters:

Having to make medical decisions for my Father.
Not being able to find my Mother's Will.
Managing a relative's Estate with a shoebox of information.

Knowing some of the conflict that families faced when things weren't said or done, however Suke still hadn't been prepared when her life changed in a heartbeat.

With a true understanding and insight, Suke has made it her mission to encourage people to consider facing an accident, illness or natural disaster at any stage of their life...

Live for today, yet prepare now for tomorrow just in case!

Suke captivates audiences by exploring a deeper philosophical meaning of a subject, added with humour and actually putting the subject matter into practice, make listening to Suke's talk a much more interesting experience.

Sof Lee
President Mudgee Rotary

Suke will make an impression at any conference and her message relatable to all audiences. Suke's story is told in such a way you think you can't keep putting off organising your life any longer, like so many of us do.

Mansi Bhagdeol
Global Transformational Festival

What an amazing message that Suke has. She is such a great inspiring story teller and is able to convey her important message to the audience. Highly recommend Suke as an outstanding speaker.

Sam Cawthorn
CEO & Founder of Speakers Institute

Reminding us that Legacy Australia needs to help families with their loved ones capture their personal stories. An amazing way that Suke brings us on a journey and making it relevant to us all.

Scott Warr
CEO Legacy Australia



Speaking Topics

1. Organize Your life & Legacy: The 5 Steps

Because life can change in a heartbeat...

This presentation opens with the audience being taken on a poetic light-hearted journey of all the emotional and physical things collected from birth, gives compelling reasons why you should organise your life and legacy and considers the importance of privacy and security of personal information.

Audiences will leave feeling motivated to..

- ✓ Prepare vital documents & organize important information so family & friends won't be left with a legal & financial mess.
- ✓ Sort, record & securely store physical things of value or momentos collected since birth.
- ✓ Journal their life story & write messages to help ease grief, make amends and perhaps share secrets!

Most importantly, they'll be given guidance on how to overcome the overwhelming feeling about organizing their life & legacy.

2. Business & Community Risk: Bite-Size Bits to Tackle it

When do you ever have time?

Business owners, not-for-profit organisations and people managing community groups often don't have time to think about what if this happens! With the world now fully immersed in the information age and the explosion of digital data, how do we protect our personal, community and business information yet still have others access it as required particularly in an emergency

Audiences will be invited to consider

- ✓ If they are prepared for different scenarios, both in business & personal life, including accident, illness, and death.
- ✓ Where essential business / organisational documentation is stored and how secure is their data.
- ✓ How the security & access of critical information and passwords is managed and passed to those who will need it.

Audiences will leave with a sense of urgency to take action to minimise the risk to their business or community organisations.

3. Master Journaling Your Life & Creating Legacies

Don't let unique stories crumble and vanish forever!

You gain experience, you build wisdom and your life has meaning and purpose. We want to share the details that what's important and why. In this presentation Suke shares a template and prompts to guide people to start writing their story or that of someone close to them, or a person or pet who has died.

Audiences will learn

- ✓ How to chunk a lifetime, capture different types of memories and build a life story.
- ✓ Technology and techniques to help make the recording of text, voice and video quick and easy.
- ✓ The benefits of starting a digital journal now that can transition into an online memorial later.

No matter how tech-savvy people are, after this presentation they will want to start a digital journal or an online memorial.



Book Suke: suke@mylifejars.com
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Suke travels from Sydney Australia | Austin US | Manchester UK

