



Fredrik Haren

FUTURIST

Global speaker and author on business creativity, change and global mindset



About:

- **Gender:** Male
- **Nationality:** Sweden
- **Languages:** English
- **Travels from:** Sweden

Engagement Types:

- After Dinner Engagement
- Panel Participation

Topics:

- Change Management
- Customer Experience & Marketing

Biography Highlights

- Fredrik Haren is an author and keynote speaker on Business Creativity, Change and Global Business who has delivered 2,000 presentations in over 60 countries on 6 continents.

Biography

Fredrik Haren is *The Creativity Explorer*, a global keynote speaker on Business Creativity, Innovation, and Change. He has delivered over 2,000 presentations, lectures, and workshops in more than 75 countries across 6 continents, inspiring over a million people to think differently and unlock their creative potential.

In 2025, he celebrated 25 years as a professional speaker and spoke in 19 countries across 4 continents in that year alone.

- Awarded "International Ambassadors Award" by the Global Speakers Federation
- Elected President of Asia Professional Speakers Singapore
- Was the Convention Chair for the Asia Professional Speakers Convention

Fredrik delivers lively, engaging, and highly sought-after presentations, drawing on real-life global examples to illustrate his ideas. His ability to connect with diverse audiences means that whether you are American,

Brazilian, German, or Chinese, participants leave his sessions both inspired and equipped with meaningful, relevant takeaways.

He is the author of ten books, including *The Idea Book*, which was included in "The 100 Best Business Books of All Time." The book became a global bestseller and has been used as a creativity training tool by leading organisations such as HP, Sandvik, Ericsson, Volvo, China Mobile, and GE. His other works include *One World. One Company*, which explores what it takes to build truly global organisations, and *The Developing World*. His latest book, *The World of Creativity* (published by Wiley in 2025), captures insights from 25 years of learning from creative individuals across 75 countries.

Fredrik Haren has founded his own company, interesting.org, and has received numerous recognitions, including being named Speaker of the Year in Sweden and one of Sweden's 100 most inspiring people by *Leva* magazine. He has also been recognized as one of Sweden's most sought-after business speakers.

Based in Sweden (after living in Asia including Singapore for over 17 years), Fredrik brings a unique perspective – bridging insights from both the Western and Asian worlds – to his work on global creativity.

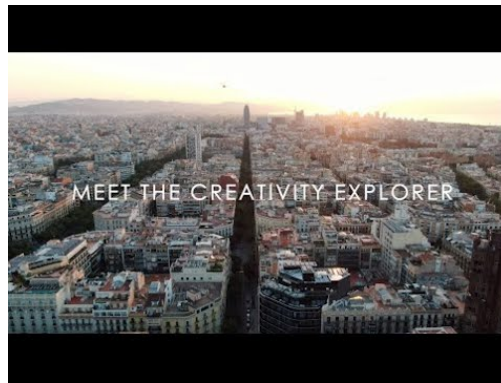
He has spoken at some of the world's largest and most prestigious events, including the Global Leadership Summit (GLS), where he addressed an audience of over 10,000 people live and reached more than 400,000 viewers across 128 countries. At this event, he shared the stage with globally renowned speakers such as Marcus Buckingham, Angela Duckworth, and Sheryl Sandberg.

Fredrik has also been inducted into the Speaker Hall of Fame on two continents. He holds the CSP (Certified Speaking Professional) designation and the Global Speaking Fellow title. He is a recipient of the "International Ambassador Award (TIA)" by the Global Speakers Federation, considered the highest honor in the international speaking community.

Speaking Style

- Amusing, educational, enthusiastic, informal, interactive, passionate and thought-provoking.

Videos



Fredrik's Topics

The World of Creativity

After traveling to over 75 countries on 6 continents to discover as much as possible about human creativity, Fredrik Haren – The Creativity Explorer – will share valuable insights that he learnt from interviewing thousands of creative people around the world

Available: In person, Virtually

Live a creative life

Creativity is the most powerful human superpower. Nothing else has the same potential for changing one's life for the better. It's through creativity and imagination that we can dream up our perfect lives – and make them happen. Fredrik helps one do just that!

Available: In person, Virtually

Business Creativity

The World Economic Forum had named "creativity" as the #1 most important skill of the future. Nothing is more important for an entrepreneur than maximizing their skills in business creativity.

Fredrik has a specialized practical workshop to better understand creativity.

The workshop will cover things such as (not limited to):

- Tools for helping one become more creative at work
- Techniques to develop new ideas
- A better understanding of the creative process to increase one's creative abilities
- Exercises one can do alone or with their team to generate more and better ideas

Available: In person, Virtually

The Watt Com Boom

Fredrik is passionate about the change that is happening in the energy market right now and has a special speech called “The Watt Com Boom” about how the Energy Industry is going through a transformation at the moment. It’s a speech he has done for the largest energy conference in Sweden as well as for the top leadership team at the largest energy company in Sweden (Vattenfall) amongst others.

Available: In person, Virtually

Creativity to the Power of Computers

This is a speech on creativity and how to use AI to become even more creative and about how our views of what creativity is and can be, is being challenged by the fast developments in AI.

Available: In person, Virtually

The Power of Global Creativity

Fredrik explores how creativity is both universal and deeply shaped by culture. Drawing on insights from over 75 countries, Fredrik shows how diverse ways of thinking drive innovation, strengthen partnerships, and prepare organizations for an uncertain future. The talk offers a forward-looking perspective on how global creativity becomes a strategic advantage in a connected world.

Available: In person, Virtually

Unlocking Your Creative Potential

Fredrik explores how creativity is not a rare talent, but a skill we all possess. Fredrik reveals practical ways to tap into new thinking, challenge habits, and turn ideas into meaningful impact – both individually and collectively.

Available: In person, Virtually

Creativity Across Cultures

This topic explores how creativity is universal, yet expressed differently around the world. Drawing on perspectives from over 75 countries, Fredrik reveals how cultural context shapes ideas, problem-solving, and innovation – and why this matters for global collaboration.

Available: In person, Virtually

From Ideas to Impact

Fredrik shows how organizations can move beyond ideas to action. Drawing on global insights, the talk highlights how creativity, structure, and partnership transform innovation into sustainable results.

Available: In person, Virtually

Testimonials

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After 20 years of working with Tony Robbins I thought I had seen everything – the best of the best... Tonight, hands down, (I saw Fredrik deliver) one of the best presentations at events I have ever seen. So thank you Fredrik. Hands down.

Monika Kazlauskaite

Former Production Manager for Europe
Australia and Asia for Tony Robbins

“

Fredrik's speech can be summarized in one word: OUTSTANDING!! ☐ It was truly one of the best presentations I have heard, and we only received positive feedback from all participants! Here are some examples of what lies behind my feedback:

* Concrete take-aways – Fredrik mixed theory with practical tips and concrete examples that everyone could take with them into the working life (and private)

* Tailor-made – it was clear that Fredrik had prepared the entire presentation based on our needs and our audience

* Interactivity – The setup was largely based on dialogue with the audience – spot on!

* Fantastic humor – that worked for all nationalities

* Charisma – I believe that everyone experienced Fredrik as a charismatic, energetic, and passionate expert in his field, which is contagious. We could have listened for hours more.

Eva Berglie

Head of Communication
Paulig Scandinavia & Central Europe

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Fredrik was a captivating and inspiring speaker, leaving a lasting impression on those who listened to him. Attendees personally reached out to me to say how much of a positive impact the session had on them. I highly recommend Fredrik as a keynote speaker.

Chanel Bornoff

Learning Experience Director

Speaker Bureaus And Talent Agencies

Fredrik Haren is available to book via these agencies

✔ **Recommended**



Speaking Agency