

Speaker Deck

Ria Kalsi

Expert Speaker | Founder of Matriarch | Educator

Talks:

- ✦ Grief
- ✦ Self-Empowerment as a British Asian woman
- ✦ Education
- ✦ Foundership & Entrepreneurship



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@riakalsi



Ria Kalsi



Meet Ria

- the founder disrupting the education industry.

Ria Kalsi is the Founder and CEO of Matriarch - the business teaching you what you didn't learn at school. From grief and identity to race and mental health, Matriarch equips people with the tools to navigate life's toughest moments with confidence, empathy, and self-awareness - helping them face life with less fear.

Matriarch began as Ria's personal outlet during her own journey of loss and identity. Raised in the UK by first-generation Sikh Punjabi immigrants, Ria often found herself asking where she truly belonged. At 19, in the middle of that reckoning, she started Matriarch as a blog - a space to write, reflect, and make sense of her experiences as a young British Asian woman.

What started as self-expression soon struck a collective chord. **By 21, Ria had turned Matriarch into a movement and then into a celebrated business** - dedicated to destigmatising the conversations so many of us were never taught how to have.

Ria has grown Matriarch into a thriving business that has **worked with leading organisations, including Amazon, Verizon, and King's College London, reaching thousands** through its workshops and resources. **She is an expert educator, often celebrated for her ability to connect with audiences from 12 to 60+ years old.**

At the heart of everything she builds is one philosophy: 'Be who you needed when you were younger.' It's the guiding principle behind Matriarch's teaching, its culture, and the safe, empowering spaces it creates for people to feel seen, supported, and ready to grow.

Alongside her work at Matriarch, Ria is a sought-after speaker, panellist, trained facilitator and writer, known for her honest and hopeful approach to topics like education, womanhood, and entrepreneurship.



Grieving Young - Hope, Healing and Everything In Between

At the age of 19, Ria lost her Dad out of the blue. Her life changed overnight, and she was thrust into adulthood beyond her means. Ria, along with her family and friends, was totally unprepared to deal with it, lacking even the vocabulary to communicate about grief. Since then, Ria's used Matriarch to educate people on grief and is determined to improve grief literacy across the UK through Matriarch's sell-out 'Grief 101' workshop.

In this talk, Ria covers:

- Her life before grief
- Losing her Dad at 19 - the experience and how it impacted her mentally and physically
- How her grief has evolved over time
- Alienation & loneliness in loss alongside great responses
- Building a legacy from loss and mending the pieces
- Finding hope in loss

This is perfect for:

- Raising awareness around grief
- Starting and normalising conversations around grief
- UK Grief Awareness Week - 2-8 December (UK)
- Inspiring young people or griever



The Courage to Belong: Empowerment as a British Asian Woman

Ria is proudly a British Asian woman and a second-generation immigrant. But it has taken a journey to get to a point of pride. Growing up against a white backdrop, Ria has reckoned with her culture, identity and womanhood within the Indian diaspora and British socio-political contexts. This was a key trigger to starting Matriarch in 2019.

In this talk, Ria covers:

- Her heritage as a Sikh-Punjabi, second-generation immigrant
- Her experiences of discrimination
- Reckoning with her culture and patriarchal environments
- Overcoming cultural expectations and the journey to pride
- Healing from disempowerment and developing confidence and courage as a brown woman

This is perfect for:

- International Women's Day - 8th March
- South Asian Heritage Month - July (UK)
- Inspiring young women and global majority communities
- Corporate DEI & leadership programmes



The Missing Curriculum: Rewriting Education Through Matriarchy

Ria grew up hearing one message from her immigrant parents:

“Get your education, because no one can take that away from you.”

The mantra shaped her - but her journey through the British education system revealed how much traditional schooling misses. At 19, she founded Matriarch to close that gap. Led by four core values - Nurturing, Wisdom, Collectivity, Grounded power, Matriarch teaches the emotional, cultural and mental-health literacy that's often overlooked but is the key to happy, healthy classrooms.

In this talk, Ria covers:

- The pressure, pride and complexity of the “education is everything” message
- Her experiences of discrimination and invisibility in the classroom
- What school never taught her about grief, identity, mental health and self-worth
- The Matriarch Method - her approach to education
- How values-led education builds confidence, critical thinking and emotional resilience

This is perfect for:

- Schools, universities and youth events
- Education conferences & teacher training
- DEI programmes in educational and corporate spaces
- South Asian Heritage Month (UK)



Brown Girl, Big Vision - Building a Blog Into a Business

Ria is the Founder & CEO of Matriarch - but before it became a thriving education company working with household names, it began as a blog written by a 19-year-old navigating grief, identity and belonging. What began as personal reflection soon resonated widely, evolving into a movement and then a mission-led, for-profit business. Though this wasn't Ria's intention, she ended up an entrepreneur - and found her passion.

In this talk, Ria covers:

- How Matriarch was born from a selfish intention to a blooming business
- The realities of building a business as a young, brown, second-generation immigrant woman
- Raising a purpose-driven company from blog to brand
- Developing self-trust, confidence and resilience in spaces not built for you
- Redefining leadership through emotional intelligence, empathy and lived experience
- What it really looks like to grow a business while growing yourself

This is perfect for:

- Entrepreneurship & startup events
- Women in business and young founder communities
- Corporate DEI & leadership programmes
- University student audiences and early-career networks
- Events exploring diverse leadership and inclusive innovation



Let's chat!

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