

Patrick Duriaux

Best-Selling Author of *Where is Alice?*

About Patrick



Patrick Duriaux is an international human resources and organizational development leader with more than twenty years of experience working across Europe and beyond. His work has focused on cross-generational leadership, knowledge transfer, executive coaching, and the human side of organizational life. He is also a certified Intelligent Leadership Master Coach and a certified Mental Health First Aider.

Patrick lives in Zurich, Switzerland, where he continues to lead a growing movement centred on human connection, dignity, and re-humanization. His work is inspired by a simple belief: no one should feel invisible, and everyone has something meaningful to give.

About Where is Alice?

When Patrick Duriaux met Alice, his 84-year-old neighbour, in the stairwell of his apartment building, he had no idea that their brief conversation would change the direction of his life. Behind her warmth and dignity, he sensed something that millions of people experience but rarely admit: the quiet pain of feeling unseen, forgotten, or disconnected from the world around them.

In *Where Is Alice?* Patrick combines Alice's story with personal reflections, international research, real-life encounters, and conversations with people across generations to explore the growing epidemic of loneliness.

Loneliness does not belong to one age group. It can affect the young person with thousands of online followers but no one they feel they can call. It can affect the busy professional surrounded by colleagues yet eating alone in another hotel restaurant. It can affect the caregiver who spends so much time looking after others that they slowly lose their own sense of connection. And it can affect older adults whose worlds have quietly grown smaller through retirement, bereavement, declining mobility, and family members moving away.

About Alto.cool

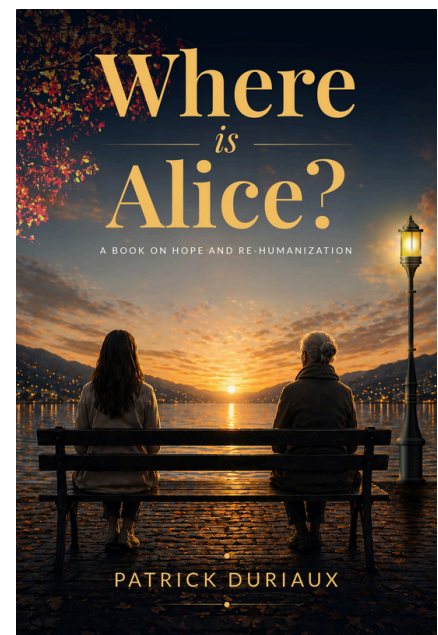


ALTO.cool is an app designed to connect people across generations through simple, meaningful shared activities. Members can meet for coffee, conversation, walks, games, cultural outings, or other experiences based on shared interests and location. The platform is not built around one generation serving another. It creates a community in which people of every age can both offer and receive companionship.

ALTO.cool is the practical tool behind Patrick's larger BrightBond movement, which promotes a future in which connection is treated as a fundamental human need rather than a luxury. Patrick also hosts the BrightBond podcast, featuring conversations with guests of different ages, cultures, professions, and life experiences about loneliness, belonging, and what it means to reconnect in a divided world.

Topics for Discussion

- Why loneliness is still taboo in the workplace, when burnout and anxiety are not
- What one conversation with an 84-year-old neighbour revealed about a global epidemic
- The hidden toll of loneliness on physical and mental health
- Bridging the generation gap: what a 25-year-old and an 85-year-old can give each other
- From awareness to action: moving beyond the problem toward real human connection



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Questions for the Podcast Host

1. What inspired you to write *Where Is Alice?* and who was Alice?
2. Was there a particular moment with Alice that changed the way you thought about loneliness and human connection?
3. Why do you believe loneliness and social disconnection have become such important issues today?
4. What are some of the biggest misconceptions people have about loneliness?
5. Can someone have a busy social life, a family, or even thousands of followers and still feel deeply lonely?
6. Do different generations experience loneliness differently, or are the underlying needs actually very similar?
7. Can loneliness be passed from one generation to the next? And if so, how can we break that cycle?
8. What surprised you most while researching *Where Is Alice?*
9. What impact can chronic loneliness and social isolation have on our physical and mental health?
10. You talk a lot about bringing generations together. What can a 25-year-old and an 85-year-old genuinely give each other?
11. You didn't stop at writing about the problem—you created ALTO. How did Alice's story lead you from awareness to actually building a solution?
12. What does "re-humanization" mean to you, and what would a more human and connected society actually look like?
13. If everyone listening did just one thing today to help someone feel seen and connected, what would you ask them to do?

**TO SCHEDULE AN INTERVIEW
WITH PATRICK DURIAUX:
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