

# Inspirational Keynotes Promoting Full Potential With Wellbeing

Katherine Baldwin

Mental Health & Wellbeing Speaker

TEDx Speaker

Transformational Coach

Author

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# Why Work With Katherine



Virtual and in-person keynotes to:

- Empower and inspire your people to achieve their full potential and stay healthy and well
- Increase personal effectiveness and organisational productivity by reducing absenteeism, presenteeism, overwhelm, burnout and breakdown
- Equip employees with meaningful tools and resources to support their mental, physical and emotional health
- Normalise mental health conversations and raise awareness of stress, burnout and addictions
- Encourage openness and vulnerability

# Impactful Talks On Hot Topics

My most popular themes are:

- Overcoming adversity, bouncing back from crises and reframing challenges as opportunities for growth
- Overcoming imposter syndrome, perfectionism and procrastination to thrive personally and professionally, not just survive
- Achieving our full potential while staying mentally, physically and emotionally well – finding balance
- Managing stress, anxiety and difficult emotions in healthy ways while avoiding self-harming and addictive behaviours with food, alcohol, drugs and compulsive work leading to burnout and breakdown
- Developing confidence, healthy self-esteem and emotional resilience and forming healthy relationships with ourselves and others
- Leading with authenticity and vulnerability





# Key Audience Outcomes

My keynotes support individuals and organisations to:

- Spot the warning signs of chronic stress, addictions, burnout and breakdown and know how to intervene
- Foster psychological safety so that people ask for help before they hit the wall
- Normalise mental health conversations, break taboos and build resilience
- Balance productivity and performance with wellbeing and fulfilment
- Develop awareness of the roots of stress, perfectionism, procrastination and imposter syndrome and help people to avoid self-sabotage
- Form, develop and maintain effective and productive working relationships based on honesty and clear communication



# Speaking From Experience

My story includes first-hand experience of and recovery from:

- A binge eating disorder and alcohol abuse while reporting for Reuters and Bloomberg from the UK parliament, Mexico and Brazil and while travelling the globe with British prime ministers
- Burnout and breakdown while at the peak of my journalism profession, covering elections, tsunamis, earthquakes and terrorist attacks
- Crippling perfectionism, chronic stress, depression and over-work
- Low self-esteem, procrastination and imposter syndrome
- Dysfunctional relationships and involuntary childlessness



## Katherine Is Trusted by Global Organisations Committed to Wellbeing

*"Katherine's talk was vulnerable, open, honest and very powerful"*

**Julie O'Brien, Chief of Staff, Outshift at Cisco**



*"Katherine possesses a rare ability to make complex mental health topics accessible and relatable, reminding us that we are never alone. Her talk was a breath of fresh air, marked by profound authenticity, making her stand out as a speaker. She brings a refreshing external perspective to crucial topics that can sometimes be difficult to address internally"*

**Tobias Wägli, Cisco**

*"The human way and the feeling of closeness with which Katherine guided us in this session was truly remarkable for me. It made me aware that my health must be my top priority"*

**Violeta Delgado, Cisco, Latin America**

## Relatable Personal Experience | Professional Expertise



*"Katherine's talk resonated with a lot of people and made us stop and think. I know colleagues felt really safe to share personal stories they may not have done previously. Thank you for creating that environment"*

**Charlotte Corkish, Valuation Office Agency**



*"Katherine is an inspiring speaker. Her talk blended her personal experience with her vast professional expertise and everyone appreciated it. I wouldn't hesitate to book Katherine again"*

**Florentina Diacu, Bureau van Dijk**

## Delivering Value | Motivating Positive Change



*"I'd definitely recommend Katherine as a speaker. Her sessions matched the briefs and intended outcomes and her open and honest sharing was an effective format for encouraging reflection and conversation among the attendees. She hit the mark and delivered valuable content"*

**Janice Hutton, Pavelka Wellbeing Programme Manager**



*"What sets Katherine apart is her ability to leverage inclusion and equity in her talks. She has a deep understanding of these topics, and she always expresses her passion in a way that inspires others to take action. Her presentations are insightful, thought-provoking, and engaging, and she always encourages her audience to reflect and create actionable change for the future"*

**Monica Acosta, Cisco, Latin America**



## Pitch-perfect | Personable | Professional

The logo for VoucherCodes, featuring the brand name in white text on a green rectangular background.

*"Katherine's talk was pitch-perfect, beautifully presented and of immense benefit to the audience. Katherine understood what we were trying to achieve and was helpful and professional. I would wholeheartedly recommend Katherine as a speaker"*

**Karen, Office Manager, Voucher Codes**



*"Katherine was very personable and very easy to listen to. Her talk was informative, relatable and met the brief exactly. Every time I thought of a question, it was answered"*

**Kate Adamczyk, Electrical Industries Charity**

## Authentic | Engaging | Inspiring



*“Katherine is an excellent speaker and her talk about managing difficult feelings in healthy ways was engaging, enjoyable and honest. She connected with the audience so that everyone benefited from her insights”*

**Ronnie Cloke Browne, Founder, Pondero**



*“Katherine is authentic, inspiring and speaks from the heart. She delivered an engaging session on how we can all aim to achieve our full potential with wellbeing”*

**Laura Taylor, Founder, Collaborative**



# About Katherine

## MY WHY

My mission is to motivate and inspire people to achieve their full potential while maintaining their mental, physical and emotional health and wellbeing.

## MY HOW

I do this through powerful personal testimony, engaging storytelling, authenticity, vulnerability, tried-and-tested strategies and practical tools

## MY CREDENTIALS

I am a seasoned storyteller with 25+ years of experience as a professional communicator, working for Reuters, Bloomberg, the Guardian & more. I am confident, competent and engaging as well as honest and relatable, with a background in counselling, psychotherapy, addiction recovery and coaching

## Katherine offers:

- Absolute reliability and professionalism
- Excellent value for money
- Return on investment (delivering talks with a lasting impact)
- Keynotes, panel discussions and workshops tailored to your unique needs, including pre-event teasers and follow-up resources
- Talks delivered in English and in Spanish
- Pitch-perfect delivery, in person or remotely
- Opportunities for further collaboration

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