

# Full Potential with Wellbeing

Katherine Baldwin  
Mental Health & Wellbeing Speaker  
TEDx Speaker  
Transformational Coach  
Author

*Inspiring positive change*



Katherine is trusted by organisations who are committed to wellbeing



*"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**

**In Collaboration  
With Cisco**

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

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

## 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**

## Pitch-perfect | Personable | Professional

**VoucherCodes**

*"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**



collaborative

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

I do this through a unique blend of powerful personal testimony, engaging storytelling, authenticity, vulnerability, tried and tested strategies and practical tools.

I am a seasoned storyteller with 25+ years of experience as a professional communicator. I am confident, competent and engaging as well as honest and relatable.

I deliver impactful keynotes and panel discussions and host workshops that offer safe spaces for people to be honest and real.



## Katherine's Journey

I am a former international journalist for the global news agencies Reuters and Bloomberg. For more than a decade, I worked as a foreign correspondent in Mexico and Brazil and as a political correspondent based in Britain's Houses of Parliament, frequently travelling on the Prime Minister's plane.

I have battled with and overcome a series of mental health challenges that I hid while working at the peak of my journalism profession. They include an eating disorder, other addictive behaviours, chronic anxiety, depression, low self-esteem, imposter syndrome, burnout and breakdown.

I draw on my personal experience and professional expertise to deliver impactful talks.



## 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
- Pitch-perfect delivery, in person or remotely
- Opportunities for further collaboration

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