

# Full Potential with Wellbeing

Katherine Baldwin

Mental Health, Wellbeing & DEI Speaker

TEDx Speaker

Relationship Coach & Author

Ex-Reuters Journalist

*“Outstanding”* - Cisco

*“Impeccable professionalism”* - Pavelka





## Why Choose Katherine?

I combine powerful personal testimony, professional expertise and excellent communication skills to deliver impactful talks that inspire and equip people to achieve their full potential while staying happy, healthy and well.

I have lived experience of burnout, breakdown, stress, anxiety, imposter syndrome, eating disorders and addictions, all while working at the peak of my profession as a political journalist for Reuters.

Over the past two decades, I have healed from these mental health challenges and acquired effective tools and strategies to support myself and others to balance achievement with wellbeing.

My talks normalise mental health conversations, break taboos, prompt lightbulb moments, encourage honesty and support people to be healthier and more productive.

# Speaker Topics

- Beating burnout – avoiding it and recovering from it
- Managing overwhelm, stress and anxiety
- Avoiding and overcoming addictions – from eating disorders to alcohol and drug abuse to workaholism
- Overcoming perfectionism, procrastination and imposter syndrome to thrive, not just survive
- Building confidence and emotional resilience
- Navigating uncertainty and managing change
- Leading with authenticity and vulnerability
- Addressing loneliness and isolation
- Forming and maintaining healthy relationships
- DEI – especially thriving as a childless/childfree or neurodiverse person



# Key Audience Outcomes



- Increased self-awareness, emotional intelligence and emotional resilience
- Increased psychological safety in the workplace, leading to more openness, honesty and trust
- Healthier relationships leading to more effective teamwork and increased productivity
- Tools and resources to build confidence and self-esteem, manage self-care, improve mental health and find balance, reducing staff absenteeism, burnout and turnover
- Greater acceptance of self and others and a broader sense of inclusion, leading to happier, healthier workplaces that foster creativity and success

## Trusted by Global Organisations



*"Katherine's professionalism and preparation are always impeccable. What truly sets her apart is her ability to create a safe and welcoming space through the power of her personal story. She inspires vulnerability and deep reflection, encouraging meaningful conversations and personal growth. Katherine is an outstanding speaker. I would highly recommend her to any organisation looking to offer authentic, transformative wellbeing sessions"*

**Janice Hutton, Wellbeing Programme Manager, Pavelka**



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

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

# Delivering Thought-Provoking Sessions

The logo for AVEVA, featuring the letters 'AVEVA' in a bold, purple, sans-serif font. The letter 'E' is stylized with three horizontal bars.

*“Katherine’s session was open, vulnerable and amazingly thought-provoking.*

*It was the favourite part of our wellbeing week”*

**Emma Govus, Global Health Lifestyle and Wellbeing Director, AVEVA**

The logo for Sage, featuring the word 'Sage' in a green, lowercase, sans-serif font, set against a black square background.

*“I can't recommend Katherine highly enough. The power in her story, the importance of good mental health and personal resilience and the ability to focus on what is important to you really struck a chord with me. If you get a chance to hear her speak, do.”*

**Chris Goff, Security Director, Sage**

# Inspiring & Empowering Audiences



*“Katherine's presentation was both educational and moving and we were hugely grateful for her willingness to share her personal experiences, which gave our community members the confidence to speak up and ask questions. Her ability to connect with the audience was exceptional. I would highly recommend Katherine”*

**Joann Earlington, Executive Assistant, EY**



*“Katherine is a fantastic speaker and presenter who delivered an amazing session. By sharing her story and her struggles, she completely engages the audience, allowing them to reflect on the struggles they are having. She is an inspiration to anyone who is lost and struggling”*

**Georga Fisk, Tender Quotations Specialist, AVEVA**

# Creating Psychological Safety



*“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 has a wonderful way of connecting with her audience and everyone can relate to her message in their own way”*

**Carlien Murray, Revenue Manager, Valor**

# Clearly Communicating Complex Topics



*"Katherine is a natural coach and speaker and has a unique talent for connecting with her audience. Her ability to communicate complex ideas in a clear and concise manner is truly remarkable"*

**Monica Acosta, Leader, Mentor, Cisco, Latin America**



*"Katherine possesses a rare ability to make complex mental health topics accessible and relatable, reminding us that we are never alone in our experiences. She is authentic, a breath of fresh air and stands out as a speaker"*

**Tobias Wägli, Cisco**

# Inspiring Positive Change



*“Katherine is an inspirational speaker on wellness and mindfulness. She told her story to give tangible examples and offered us practical techniques to manage stress in the workplace. Her talk was perfect – inspirational and relatable”*

**Nicola Corfield, Sales and Marketing Manager, Valor**



*“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. She understood what we were trying to achieve and was helpful and professional. I 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 | Wholehearted



*“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**

## Award Finalist



**‘Highly Commended’ in the Positive Impact & Sustainability Category**

*“Awarded for outstanding speaking. This award serves as proof of competence and excellent application of industry standards and methods.”*

**Elliot Kay, Simone Vincenzi, Lovelda Vincenzi,  
Joe Gregory, Lucy Mccarraher  
Founders of The Speaker Awards**

# About Katherine

I am a former international journalist for Reuters and Bloomberg.

I have overcome a series of mental health challenges that I hid behind a confident exterior while travelling with prime ministers and working in the British parliament. They include:

- An eating disorder, alcohol abuse, workaholism & other addictive behaviours
- Chronic anxiety, depression, low self-esteem and overwhelm
- Imposter syndrome, burnout and breakdown
- Unhealthy relationship patterns, both professionally and personally
- Childlessness, an adult ADHD diagnosis and developmental trauma

I've acquired an array of expertise and tools to support myself and others to achieve their potential and stay well. I have studied addiction, counselling, psychotherapy, coaching, trauma, mindfulness and other modalities.

I blend personal experience with professional expertise to deliver impactful, relatable talks that make a real difference to individuals and organisations.



# Katherine Offers

- Absolute reliability
- Impeccable professionalism
- Excellent value for money
- Excellent 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 virtually
- Follow-up resources and opportunities for further collaboration

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