

Katherine Baldwin

Mental Health & Wellbeing Speaker – Testimonials

“Katherine possesses a rare ability to make complex mental health topics accessible and relatable, reminding us that we are never alone in our experiences. Her talk was a breath of fresh air, marked by profound authenticity, making her stand out as a speaker” – **Tobias Wägli, Account Manager, Cisco**

“Katherine is an inspirational speaker on the topic of wellness and mindfulness. She told her story to give tangible examples and offered us practical techniques to manage stress, particularly in the workplace. Katherine’s talk was perfect - inspirational in a relatable way” – **Nicola Corfield, Sales and Marketing Manager, Valor Hospitality**

“I’d definitely recommend Katherine as a speaker. Her sessions matched the briefs and intended outcomes. Katherine’s open and honest sharing was an effective format for encouraging reflection and conversation among the attendees. She hit the mark and delivered valuable content, with a good mix of storytelling and theory” – **Janice Hutton, Wellbeing Programme Manager, Pavelka**

“Katherine was very personable and her talk was informative and relatable. The brief was met totally and the structure of the talk was good. Every time I thought of a question, it was answered. I think a lot of people may have recognised some of the signs in themselves and realised they were engaged in addictive behaviours” – **Kate Adamczyk, Director of Marketing & Business Development, Electrical Industries Charity**

“Katherine is a true expert in her field. What sets Katherine apart is her ability to leverage inclusion and equity in her talks. She has a deep understanding of these topics and 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, Leader, Mentor & Coach, Cisco, Latin America (talk delivered in Spanish)**

“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 Hospitality

“Katherine’s message was very impactful, delivered beautifully and with supreme clarity. Her talk most definitely positively impacted many employees’ thoughts and wellbeing” – Gordon Thomson, Vice President Service Provider, EMEA, Cisco

“Thank you, Katherine – it was such a courageous story and yet inspirational for others (including myself) on how to spot the warning signs and how to look after yourself before you become burnt out. Your words were very wise and soothing” – Tracy Nicholson, Regional Valuation Lead at Valuation Office Agency

“Katherine’s talk was vulnerable, open, honest and very powerful” – Julie O’Brien, Chief of Staff, Outshift at Cisco

“Katherine’s story resonated with a lot of people and made us stop and think, wherever we are on our wellbeing journey. I know colleagues felt really safe to share personal stories they may not have done previously. Thank you, Katherine, for creating that environment” – Charlotte Corkish, Head of Operational Leadership Capability and Wellbeing at the Valuation Office Agency

“Katherine spoke during a Mental Health Awareness session for Cisco Systems employees in the Middle East & Africa, in collaboration with Pavelka. It was very inspiring to hear her personal story and expertise. I’d strongly recommend inviting Katherine to spend time with your organisation and hearing more about her story and message” – Harold Overman, Manager Global Industry Partners, Cisco

“Katherine’s talk was pitch-perfect in what it covered and how it was delivered. I think the attendees really benefited from it and I hope it will open up further and deeper conversations. I was particularly struck by her story about being in the hotel room and eating the minibar. I think it really gave the rest of her talk authenticity and honesty because she really had gone through it and come out the other side. I would wholeheartedly recommend Katherine as a speaker. She understood what we were trying to achieve with her presentation and was helpful and professional, and the actual talk was beautifully presented and of immense benefit to the audience” – Karen, Office Manager, Voucher Codes

“Katherine is an inspiring speaker. She hosted a webinar on 'Strengthening Your Confidence to Optimise Performance', which was much appreciated by all attendees. Her talk blended her personal experience with her vast professional experience. I would definitely take advantage of Katherine’s speaking and motivational services again” – Florentina Diacu, Bureau van Dijk, a Moody’s Analytics Company

“Katherine’s openness and bravery to share really helped to make her talk authentic. She was able to share her experience in a positive way to help others and her passion for this shone through. Her talk helped me to identify red flags and gave me positive, practical tips to deal with things and turn them around. I would absolutely recommend Katherine as a speaker” – Audience Member, Electrical Industries Charity

“I felt understood and could relate to how you felt. You covered everything I hoped to hear about – your story, your suffering, your healing, signs to look out for and how to start conversations with others. I’m more aware of how I see food, my control over it and my body, and my relationship with the scales. Katherine's talk was empathetic and sensitive, and her concern for other people and their mental and physical health was obvious” – Audience Member, Voucher Codes

“Katherine is authentic, inspiring and speaks from the heart. She gave an engaging session on how we can all aim for ‘Full potential with wellbeing’” – Laura Taylor, Founder, Collaborative

“Candid, insightful and informative. It was really meaningful to hear such a brave and personal account of such difficult experiences” – Audience Member, Voucher Codes

“Katherine is an excellent speaker and her Pondero 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 – we could have continued the session for the rest of the day” – Ronnie Cloke Browne, Founder, Pondero