

Emma Last

**Mental Health and Wellbeing
Speaker and Strategist**



Emma talks openly about her own high functioning anxiety since childhood and her burnout after her 19 year HR services leadership career.

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AREAS OF EXPERTISE

- Workplace Mental Health, Wellbeing, Leadership and Culture
- A Whole School Approach to Mental Health
- Stress and Burnout Prevention through to Mindset and Human flourishing

Emma supports workplaces, schools and individuals to put in place effective measurable mental health and wellbeing strategies that include training, talks, coaching and holistic therapies. She is hugely driven to help people to understand both mental health problems and positive mental health, so they can develop effective life skills and look after their whole-being not just their wellbeing, thus preventing them from getting to where she did.

She has co-written both the First Aid Industry Body's accredited Workplace Mental Health and Wellbeing for Adults and their Child and Young Persons Mental Health course. Three of her Programmes have been quality assured by the Department for Education to support schools in implementing 'A whole school approach to mental health'. She has a podcast 'Human Reboot' and is a twice no.1 best-selling author on Amazon.



Signature talks

- **Burnout, Recharge and Reboot** - the foundations needed for 'being' a human in a modern world
- **Are You Passionate About Your Performance Or Dangerously Addicted To Your Work?**
- **Leave A Little Legacy** - It Might Just Help You to Live Longer
- **Work Life Balance Isn't Just Two Things**
- **A whole school approach to Mental Health**
- **Workplace Mental Health that works**



I just wanted to say thank you so much for coming and facilitating for us at our symposium. I have been reading through the feedback we have received so far and it is all really positive, with people taking away some really good messages from the day to help their wellbeing!

STEPH

WELLBEING LEAD - TEES, ESK AND WEAR VALLEYS NHS FOUNDATION TRUST

“ It wasn't just her expertise that impressed me. Emma has a gift for clear and engaging communication. She explained concepts and ideas in a way that was easy to grasp, making it simple for me to apply them in my professional and personal life. I always felt supported and understood during our sessions. ”

NATALIE

HEAD OF TALENT ACQUISITION @ APPS IT

“ Emma's presentation was dynamic, enlightening, and captivating, incorporating simple visual aids and her own personal experiences. Emma's talk truly encouraged our Members to reflect on Mental Health and Wellbeing. Following the conference, numerous delegates engaged with Emma on both a personal and professional level, leaving us with no hesitation in highly recommending her. ”

THE FIRST AID INDUSTRY BODY LTD

As trusted by



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