



Keynote Speaking

with *Dr Leanne Harper*



CLINICAL PSYCHOLOGIST · FOUNDER, THE VALENT COLLECTIVE

Ask a room what good physical health looks like and everyone has an answer. Ask about good mental health, and the room goes quiet. I've spent over a decade in NHS crisis teams, A&E and prisons, meeting people who needed to understand their minds long before anyone showed them how. My talks share that knowledge early, in plain English and grounded in evidence, so people leave with tools they can use the next morning.

Keynote talks

- 1 We don't have a framework for what good mental health looks like**
and only focusing on "not being unwell" isn't working
- 2 Just because I carry it well doesn't mean it's not heavy**
the hidden load of the people who "get on with it"
- 3 How to talk about mental health without saying the wrong thing**
confidence and the right words for the conversations that count
- 4 What crisis work taught me about looking after your people**
lessons from the NHS frontline, for leaders and teams

Topics I cover

Performing under pressure

Preventing burnout

Confidence and imposter syndrome

Supporting your people

Good mental health at work

Talking about mental health

Qualifications

- Doctorate in Clinical Psychology (DClinPsy), University of Liverpool
- BSc Psychology (1st class, honours)
- HCPC-registered Clinical Psychologist
- 10+ years in NHS crisis, A&E and prison mental health
- Published researcher, Journal of Psychiatric Research
- Trained in EMDR, ACT, CAT and CFT
- Speaker and trainer in the UK, Australia and internationally

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Speaker rates available
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Every talk shaped to your event.

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