

“Unprecedented” | High Flyer to Rock Bottom

I had a breakdown in 2018, went into psychiatric hospital for eight weeks and am much the better for it, thank you for asking.

I deliver talks about my experience – what led up to it, what happened in hospital, and how I gradually recovered – using drawings that I made in hospital.

Here’s a talk I gave in person, at Macfarlanes:



Subsequently, many of these talks have taken place online. Which turned out to be a great blessing, because people in the audience could message me privately in the chat.

Their comments and questions were often very raw. And when I shared them (in real time, anonymously) with the rest of the organisation, the effect was extremely powerful.

My best hope was what actually did happen, which was a room full of people – over 200 people, which is probably unprecedented – listening to, and engaging with your story.

And the lessons from your story, in a room full of high-achieving, driven individuals - as they often are in city law firms - are really important.

There is nothing more scary, as head of learning and development in a law firm where people charge for their time – nothing more scary than risking wasting their time.

It was quite clear to me from the first 30 seconds that it was going to go well. And it did go well. I think we probably got some of the best feedback we’ve ever had for a talk.

- Joanne Gubbay, Slaughter and May

Testimonials from Law Firms

“One of the most powerful talks that I have ever been to”

- Partner, top 40 law firm

“The best mental health session we’ve had”

- Associate, top 75 law firm

“What you said... will definitely help people”

- Attendee, Linklaters

“A talk that everyone needs to hear”

- Organiser, City law firm

“I was the one at the back, sobbing and snorting”

- Associate lawyer, City law firm

“Most effective of all mental health talks I’ve attended”

- Lawyer, “Magic Circle” law firm

“Made me get in touch with friends who are struggling”

- Participant, “Magic Circle” law firm

Companies and organisations I’ve worked with

Royal College of Art, University of the Arts London, The Idler Academy, The School of Life, London Business School, University of Edinburgh, Accenture, EY, D&AD, Ogilvy, Stella McCartney, American Express, Experian, HSBC, Triodos, Innocent, Moët Hennessy, Unilever, The Office of the First Minister and the Deputy First Minister of Northern Ireland, Bupa, Great Ormond Street Hospital, Healthwatch, Monitor, Rocco Forte Hotels, Octavia, Aviva, FieldFisher, FTI, Slaughter and May, Linklaters, Freshfields, Mishcon de Reya, Macfarlanes, Birketts, Clyde & Co, Norton Rose Fulbright, Weil, SpaceNK, BBC, Channel 4, United Nations, Department Store for the Mind, Selfridges, White Stuff, Saracens, Google, Microsoft, O2, The Phone Co-op, Vodafone.

All Enquiries

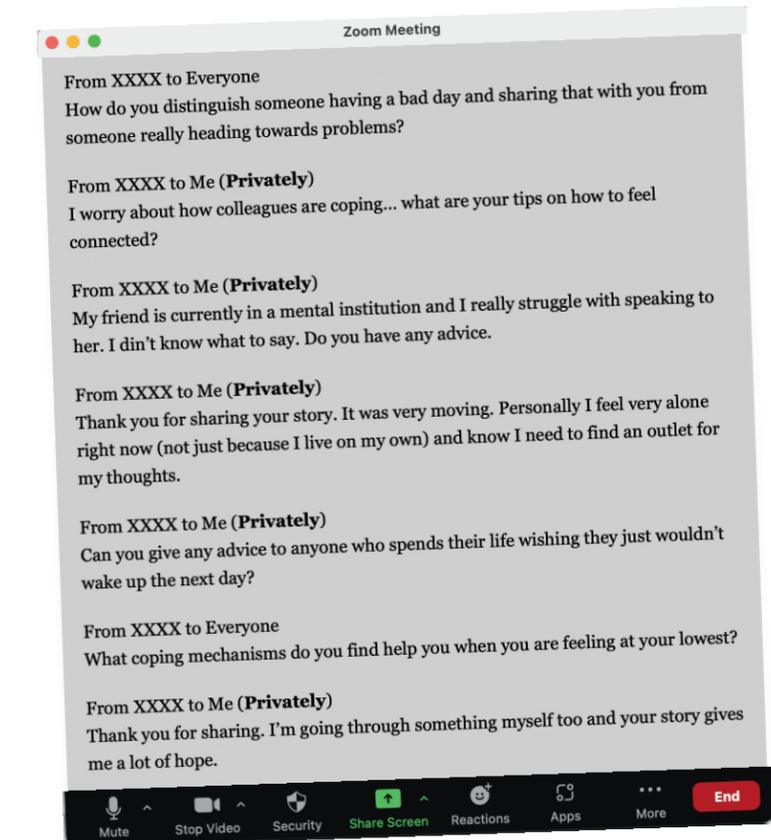
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Talking About Mental Health

A workshop for law firms

Imagine getting messages like these, in the middle of a talk at work:



“Eloquent and talented... definitely recommend”

- Partner, Linklaters

“Can’t recommend highly enough”

- HR, Slaughter and May

