

Ashley Whitehead

Health and Wellbeing Coach

Ashley Whitehead is a dynamic speaker, coach, and mental health advocate whose journey from corporate success to personal adversity has shaped her mission to help others thrive.



For nearly two decades, Ashley excelled in the demanding world of medical technology, leading teams and driving results in high-pressure environments. Her experience at the top of her field gave her a first hand understanding of the relentless pace and stress that often come with ambitious careers.

But Ashley's story took an unexpected turn when she was diagnosed with a brain tumour—a life-altering event that forced her to step away from the corporate world and confront her own health and resilience. Yet, through this profound adversity, Ashley discovered new depths of strength and purpose. Her recovery journey became a catalyst for transformation, inspiring her to prioritise mental health and share her story to help others navigate their own challenges.

Armed with a degree in physiology, sport science, and nutrition, Ashley has always believed in the power of science-backed habits to boost energy, performance, and wellbeing. She became known for her practical, evidence-based approach to workplace wellness, empowering teams from leading organisations like Westpac, eBay, Host Plus, and Abbvie Medical to make meaningful changes from the inside out.

Today, Ashley is celebrated for her authentic, relatable style and her ability to connect with audiences on both a personal and professional level. She delivers keynotes and workshops that blend science, lived experience, and actionable strategies—covering topics like the gut-brain connection, nutrition, sleep, movement, and mindfulness.

Ashley Whitehead Talks About

- Thrive By prioritising wellbeing through mindfulness, nutrition, exercise, and sleep, Ashley enables people to become more resilient and to truly thrive both at work and in life
- Fuel Up Explore simple yet effective changes in diet and daily routines, providing practical strategies to nourish both body and mind for better health, happiness, and success.
- Wellbeing & Mental Health Her holistic methodology integrates mindfulness, stress management, and healthy routines, empowering individuals to prioritise their mental and physical wellbeing for sustainable success



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