

Chelsea Pottenger

Mental Health, Wellbeing and Resilience

Chelsea Pottenger is a dynamic force in the world of mental health and mindfulness. As a psychology postgraduate, international motivational speaker, and author of *The Mindful High Performer*, Chelsea brings a wealth of expertise to organisations striving to thrive.

With over a decade of corporate experience prior to founding EQ Minds in 2016, Chelsea equips individuals with practical tools to manage their mental health and achieve success in both their personal and professional lives. Her dedication to mental health advocacy shines through in her work as a proud ambassador for The Gidget Foundation.



Chelsea's unique combination of corporate know-how, psychological acumen, and mindfulness expertise has established her as a leading authority in her field. She continues to inspire and empower individuals and organisations worldwide, fostering mental wellbeing and performance in today's increasingly complex world.

Highly regarded for her deep understanding of mindfulness and mental health, Chelsea is a sought-after speaker among a diverse clientele, including major banks, tech giants, startups, pharmaceutical companies, and insurance organisations.

Chelsea Pottenger Talks About

- Mental Health: Breaking the stigma surrounding mental health and providing practical tools for employees and leaders to enhance employee performance and wellbeing
- The Mindful High Performer: Practical mindfulness techniques for improving focus, decision-making, reducing stress and creating high-performance teams
- Resilience: Actionable strategies to develop resilience and adaptability in your organisation so your teams can manage change
- Wellbeing: The wellness advantage, sharing tools to create a healthier workforce that drives productivity and engagement

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