



PSYCHOTHERAPIST | SPEAKER | TRAINER


ELEVATING MENTAL RESILIENCE IN HIGH ACHIEVERS

Kay, The Mental Health Engineer, is a passionate psychotherapist and engaging speaker who works with high-achieving individuals and high pressure environments. She understands the unique challenges they face and focuses on stress, trauma, and personal growth.

In her keynotes, workshops, and training sessions, Kay helps her audience uncover why certain areas of their lives might not be working and shares practical, evidence-based strategies to tackle the issues affecting them.

Her goal is simple: to help high achievers create more joy in their lives while managing the things that drain their energy and happiness.

Contact

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Features & Collaborations



Speaking Topics

High Pressure, High Care: Implementing Trauma-Informed Practices for Resilience

How trauma-informed approaches can enhance resilience and support in high-pressure environments

Self-Doubt No More: Cultivating Unshakeable Confidence

Building confidence and resilience in high-pressure environments

From Stress to Success: Coping Strategies for High Performers

Practical techniques for high achievers to cope with stress effectively

The Backbone of Success: Strategizing Your Support Network

The importance of community and connection for high achievers

