

Lucy Beresford

Broadcaster, Writer, Psychotherapist

"'Naughty Mary Poppins' Broadcaster, Passionate Storyteller, Professional Listener, and Wellbeing Warrior"

Lucy Beresford is an experienced live broadcaster, award-winning writer, TEDx Speaker, host of a successful weekly chat show & Podcast "On the Couch". She is the Founder of the award-winning Kindness Club and an award-winning UKCP-registered psychotherapist.

TOPICS:

- The Psychological Landscape
- Workplace Wellbeing
- Why Consumers Behave as They Do
- Mental Health Globally
- Female Empowerment
- The Psychology of Beauty
- Sex and Relationships

LANGUAGES:

She presents in English.

PUBLICATIONS:

2016 Hungry for Love
2015 Invisible Threads
2013 Happy Relationships at Home
2009 Something I'm Not

IN DETAIL:

After 10 years in Investment Banking, Lucy retrained as a psychotherapist. She worked clinically in London at The Priory Roehampton and is now in private practice. She has worked in New Delhi, where she worked with women trafficked into brothels, the subject of one of her novels. For 4 years Lucy hosted a Sex & Relationships phone-in show on LBC, Lucy provides expert analysis for TV, radio, and news channels about relationships, mental health, and current affairs. She is a fortnightly panellist on the Jeremy Vine show on Channel 5 TV, reviews the papers for Sky News and Times Radio, and is the host of the podcast On the Couch, which looks at politics through the lens of psychology.

WHAT SHE OFFERS YOU:

As a moderator, Lucy grasps the intricacies of any event, and is able to draw on her work as a therapist to tease out the stories and details which make her interviews and panel discussions so memorable and illuminating. As a speaker, Lucy's talks range from explaining how we sabotage our personal growth, how workplaces need to adapt, why being selfish is necessary to wellbeing, and how sex is power.

HOW SHE PRESENTS:

With relatable, accessible, and often amusing insights, Lucy combines an in-depth understanding of psychology with expert analysis of human dynamics, society, social media, and social climates. illuminate, and inspire deep, long-lasting change.