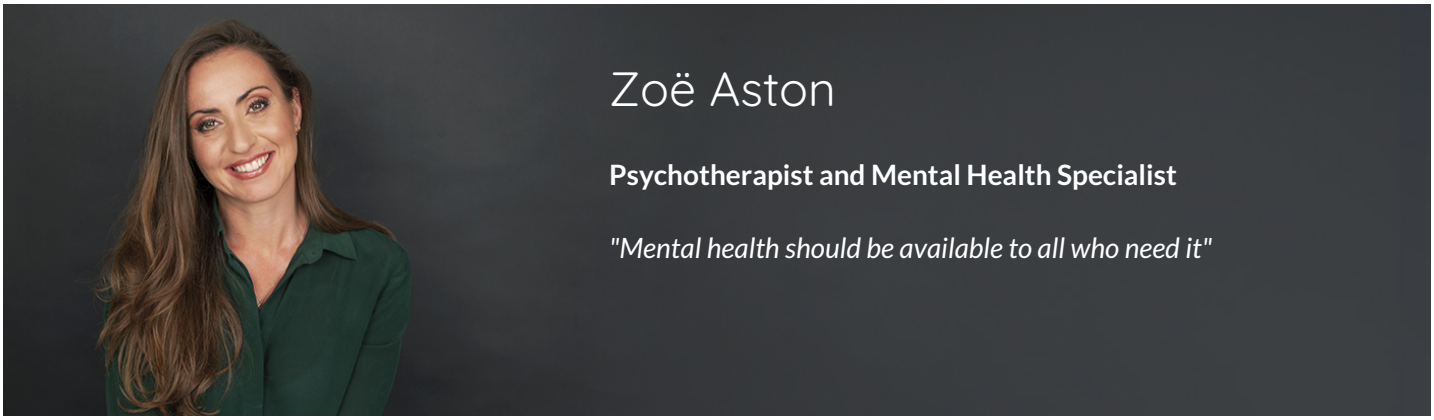


Zoë Aston

Psychotherapist and Mental Health Specialist

"Mental health should be available to all who need it"

Zoë Aston is a psychotherapist, mental health consultant and author. She is the creator and developer of Your Mental Health Workout, a 5-week plan to a happier, healthier mind, a free, online programme that supports you to look after the integrity of your mind.

TOPICS:

- Teamwork at Work
- The Importance of Mental Health in Education
- Health & Well Being

LANGUAGES:

She presents in English.

PUBLICATIONS:

2021Your Mental Health Workout

IN DETAIL:

Her own mental health recovery is what lead her to want to train as a therapist. She returned to university to achieve her master's degree in psychology at 26; for 8 years after that, Zoë specialised in addiction, eating disorders and trauma reduction, working in treatment centres such as The Priory and then on Harley Street. Zoë set out on her own with a mission to make working on your mental health as accessible and acceptable as working on your physical health. Zoë consults for businesses, including global brands and private equity companies. Having trained in and experienced a number of different therapy models, Zoë's approach is holistic and integrative.

WHAT SHE OFFERS YOU:

The combination of her personal and professional experience makes her a trustworthy spokesperson for the benefits of therapy, wellness, and mental health related. She pushes and challenges everyone to consider what it means to be looking after our minds and she does this in a way that promotes equality and balance in the individual as well as for the greater good.

HOW SHE PRESENTS:

An exceptional speaker, Zoë's speech can be personalised to the brand or topic in question and offer a highly interactive and dynamic experience. Her talks are a clear and accessible way to learn more about your own mental health.