

ZOË ASTON



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. Her first book, [*Your Mental Health Workout*](#), was published in 2021.

Her own mental health recovery is what led 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. In 2019 she went out on her own with a mission to make working on your mental health as accessible and acceptable as working on your physical health. It is the combination of her personal and professional experience that make her a trustworthy spokesperson for the benefits of therapy, wellness, and mental health related.

Zoë now offers support and education around mental health and emotional wellbeing to global wellness brands such as Lululemon, Barry's and Harrods. She provides talks, dynamic group work and wellbeing sessions for private equity companies such as Permira. She also partnered with Microsoft Windows and Inspired by Iceland to promote psychological health during the pandemic. Her consulting work focuses on working with brands, teams, businesses, and gyms to help make looking after your mental health available and acceptable to all.

Her sessions offer a range of outcomes; from increased personal wellbeing for all who attend to overall employee satisfaction and talent retainment. Sessions 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. 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.

Themes

Health & Wellbeing, Education, Teamwork