

## Dorothy Martin

Organizational Well-Being Consultant, Coach & Speaker

We all want more wellbeing and less stress in our personal and professional lives.

Many organizations allocate a great deal of resources to wellbeing programs, stress prevention plans and the development of resilient skillsets. But, despite all this effort, engagement and productivity stay low, relationships hinder progress, customer service suffers, innovation stalls, and chronic stress and burnout are becoming more and more common.

So, what is going on? Is the global epidemic of stress a sign of our times? Is it a product of 21st-century living? Or have our current approaches passed their sell-by date?

Dorothy Martin is an expert in national policy in areas of workplace health and wellbeing as well as mental health. She has consulted with organizations such as the NHS, John Lewis & Partners, M&C Saatchi, Dorchester Hotel, Regent's University London and many more, and has received special recognition from the Mayor of London for her work on organizational wellbeing.

She is uniquely placed not only to answer these questions, but more importantly to help people understand how to unlock wellbeing and turn stress into success to bring about the results they really want.

Dorothy doesn't teach techniques or strategies. She will not add to your 'to-do' list. She won't even ask you to make any changes at work or in life. She invites you to look in a completely different direction – one that is completely overlooked and often missing in our current conversation about stress, mental health and wellbeing.

She asks important questions such as: where do stress and wellbeing really come from? She blends research and neuroscience with heart-warming stories to explain the mechanics of the human mind, challenging our beliefs and deeply ingrained ways of thinking. Most importantly, she makes it easy to use this knowledge to transform chronic stress into a doorway of opportunity to more wellbeing, productivity and extraordinary success.

A dynamic, passionate, and impactful speaker, Dorothy leaves a lasting positive impact on her audience by sharing her own personal experience of burnout – which she calls 'the worst and the best time of her life' – and the insights that transformed her life as well as the lives of the clients she works with.

After her keynotes, people often say: It makes sense! Why has nobody told us this before? She opens minds and hearts and helps people see that they already have all the resources they need to experience more wellbeing, find their own solutions and transform their stress into success.