

## Laura Hearn

Mental Health Advocate & Consultant, Renowned BBC Journalist & Storyteller

Laura Hearn is a renowned BBC journalist and storyteller with a keen eye for finding the extraordinary in the ordinary, and channelling those nuggets of inspiration into tangible outcomes — no matter the endeavour. She is also the host of the immensely popular Flip It podcast, which explores the depth of the human experience through the intricate stories that define who we are and aims to support listeners as they navigate life's highs and lows. Having endured and overcome her own struggles with mental health, Hearn has long been an advocate for enhancing workplace happiness and wellness, and combines her storytelling ability with science-based tools and resources to advise leading organisations on how to optimise their mental health strategy to foster happier, high-performance teams.

Exclusively represented by Leading Authorities speakers bureau, Hearn is open and honest with audiences as she reflects upon her experiences navigating her own mental health setbacks — including years of struggle with an eating disorder which led to her spending eight months in an inpatient treatment centre. Dedicated to transforming the stigma and narrative associated with mental health and burnout in the workplace, she shares powerful tips for how leaders and their teams can optimise mental health and wellbeing at work and channel a positive mindset to thrive in challenging, fast-paced environments. By being vulnerable and able to relate to the obstacles others are facing in their everyday lives, Hearn empowers audience members to turn their biggest struggles into their biggest strengths.

Through her work, Hearn has helped organisations realise the moral and financial benefits of prioritising worker wellbeing, while arming them with proven strategies for retaining team members and creating cultures people want to be part of. Previously, Hearn was a BBC journalist and producer for close to two decades, collaborating with the network's leading talent across platforms and establishing her reputation as a reporter with a penchant for securing exclusive stories.

Hearn is a believer that every story has the potential to change lives and empowers audiences to embrace the power within their own stories to spark change in their own lives, in their communities, and beyond.