



Meet the Team



BEN SEARLE

I am passionate about providing people with the everyday skills and tools to be able to recognise and manage the times when they are feeling challenged and vulnerable. We should all be able to live life safe in the knowledge that we are able to face our difficulties with confidence, having the strength and the knowhow to find a route through to the other side.

Twenty years work in education and training has given me key insight into the importance of providing people with a practical understanding of how to manage their mental health. In my role as a life coach, I see how the state of people's mental wellbeing is directly affected by how they approach life's challenges and how, if they are prepared and have tools with which to manage it, they can navigate what would have seemed insurmountable problems with relative ease.

I am delighted to be working with the team at Resilient Me and to have the opportunity to work with an organisation so committed to promoting people's ability to find the strength to deal effectively and positively with life's challenges.