



Meet the Team

HELEN SHELSWELL

Helen is a professional trainer, facilitator and coach, with over 25 years' experience in education, training and coaching.

A qualified secondary school teacher and FE College lecturer, Helen also has a comprehensive background in Learning and Development; is an accredited management coach with the Institute of Leadership and Management and a qualified life coach and NLP Master Practitioner. She was Wellbeing and Resilience lead for a national charity, where she combined her passion for supporting others' wellbeing with her training and coaching skills, to positively impact a wide range of individuals and teams.

Helen has worked in many schools, delivering group workshops to improve pupil Resilience and Wellbeing as well as many years' experience in skills coaching and training.

She is a qualified Mental Health First Aider, Suicide Prevention First Aider and Resilience Practitioner and is passionate about positively impacting individual and organisational wellbeing and resilience.