



Noa Burger

Mental health is at the heart of how we feel, think and act at work. Almost 1 in 3 people experience mental ill health whilst in employment and it costs UK employers almost £35 billion each year. A proactive and positive approach in the workplace makes all the difference. Mental Health First Aid England campaign are currently calling on the Government to amend the health and safety regulations so that workplaces are required to make provisions for mental as well as physical first aid.

Noa specialises in training organisations and their people in Mental Health First Aid. She is accredited by the Royal Society for Public Health and licensed by Mental Health First Aid England.

In her role as a specialist trainer, Noa brings 10 years of experience working across the private, public and voluntary sectors, and an academic background in mental health. Working at the City of London Corporation, she held a leadership role as Head of Responsible Business where she ran a team advising organisations on business ethics, diversity and employee wellbeing.

Noa has an in-depth understanding of how organisations work and a passion for embedding change that is good for business and good for people.

Noa has a Masters degree in Psychoanalytic Theory from University College London and experience as a volunteer counsellor. Through a number of roles in her career, she has taught, trained and coached others. Noa is a highly skilled facilitator of groups and focus on maximising personal impact for all my participants.

Mental Health First Aid is a proven way to support your employees, build their motivation, and improve your reputation.

Noa offer clients three courses; Half Day, Full day and Two Day and can also develop bespoke content to meet specific needs. She donates 10% of all profits to mental health charities.

Available for 1:1 sessions, group workshops or an as on going program.