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Julia Hepworth

Mental Health Awareness and First Aid Trainer,
Effective Leadership of Individuals Coach,
Change culture and Employment Law Mentor.

Julia is a highly motivated and pragmatic coach, with a successful track record of developing people at all levels through coaching, mentoring and training to achieve great results both personally and professionally.

Julia works with a variety of Private Sector and Government Services on large projects such as organisational culture change and full and 2-day Mental Health Awareness training, in addition to performance management training and one to one coaching.

Also a qualified Mental Health First Aid Instructor, Julia is passionate about raising the profile of this important topic, can train, help and support individuals to become confident in their ability to assist others who may need support and to actively help someone at the point of crisis.

CIPD & Coach/Mentor qualified (EMCC) with a sound operational and commercial background. Recognised for inspiring coaching, mentoring and training, demonstrating a high level of trust and integrity in one to one or group sessions. Highly focused on building relationships and increasing a group or individual's potential to achieve, succeed and thrive.

Emotional wellbeing and resilience lies at the heart of her work.