

# PETRA VELZEBOER

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INSPIRATIONAL SPEAKER ON THE FUTURE OF WORK, PEOPLE TEAMS, LEADERSHIP  
AND A STRATEGIC APPROACH TO WELLBEING

Petra Velzeboer is a dynamic, entertaining and practical speaker who is sure to bring life, laughter and insight to your audience. A global TEDx speaker, psychotherapist, author, and CEO of mental health consultancy PVL, she brings expertise on topics that impact employees, managers and C-suite leadership with the aim of evolving our workplaces and cultures for the new world of work.

The future of work is a hot topic which Petra speaks on with passion and excitement, complimenting the narratives around AI and enhancing this debate by bringing people into the forefront! With a new angle on

wellbeing, her focus on mental health and resilience in a world of change is one that challenges 'bubble bath wellbeing' and instead focuses on positive psychology, elite performance, and creating dynamic teams that you will retain as they grow and evolve together - creating a future of work that is good for our health and sustainable for long term success.

Speaking on global stages she sees the challenges that exist across Europe, the UK, USA, Middle East, and Asia including rising statistics of burnout, anxiety, depression, addiction and suicide. These are only part of the issues facing the workplace as they tackle an economic downturn, long term absence, employee health challenges and attrition and retention as they experiment with a hybrid office - struggling to enhance belonging and connection.

Leaders are worried about asking the wrong questions and so they say nothing at all, secretly struggling to manage their own workload and mental health in the process. Petra offers practical answers to these questions giving leaders skills they can utilise today to help them lead by example in modelling healthy behaviours, showing vulnerability and offering inspiration and motivation to their people to enable them to thrive.

Petra is the author of 'Begin with You' published by Kogan Page, a practical insight into thriving in adversity and challenging toxicity, groupthink and culty behaviours in a world that is desperate for change.



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## BIO CONT'D

Her inspiration and motivation come from her unique and compelling story which she tells with vulnerability, authenticity and dynamic challenge to her audiences worldwide. Born and raised in a notorious cult she knows first-hand what a toxic culture feels like and what it takes to build resilience and take responsibility for good mental health. When she finally left the cult, she spiralled into addiction, depression and anxiety leaving her a desperate suicidal mother of two young children. Hitting several crash points, she finally decided to let go of her victim mindset and begin to build a life that was worth living.

Working with the likes of PwC, Herbert Smith Freehills, Channel 4, Monzo Bank, Novartis, Accenture, Avanade, Eagle Eye, Financial Ombusman and Havas Lynx group - she translates her story into solutions for teams today including challenging the masks we wear, promoting bravery and building elite teams that can navigate any challenge together.

She's known for comparing cults to corporates and adapting her message to suit audiences of employees, senior leadership teams and HR or Diversity and Inclusion teams.

As well as keynotes and inspiring team talks, she also works with organisations to go deeper through workshops, masterclasses and hosting dynamic panel events as well as offering advice on effective and inclusive wellbeing strategies that enhance diversity of thought, gender issues and leadership styles.

She adapts her story and expertise to include neuroscience, positive psychology to inspire your people to achieve greatness.

- How our people are essential to the future of work
- Mindsets for Success
- A new angle on wellbeing
- How cults are like corporates - and what to do about it
- Leadership and dynamic management
- Burnout and navigating change

Featured in Newsweek, the Huffington Post, BBC Radio, Stylist and many more she's known for her no-bullsh\*t approach to challenging behaviours and motivating leaders, employees, HR professionals and wellbeing champions to truly be the change they wish to see at work.