

PETRA VELZEBOER



INTRODUCTION

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 to evolve our workplaces and cultures for the new world of work.

With a new angle on wellbeing, her focus on mental health and resilience in a world of change 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.

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.

Please welcome Petra Velzeboer....