

meg walsh

MENTAL HEALTH CONSULTANT

Meg works with business leaders and employees to enhance mental health and wellness in the workplace.

Meg is a mental health expert, a teacher, keynote speaker, and a psychotherapist-in-training working under clinical supervision.

Meg specializes in relationship issues, trauma, and grief, anger anxiety, depression, chronic illness/chronic pain, and personality/mood disorders.

- 🎓 Post-graduate diploma candidate in psychodynamic psychotherapy.
- 📦 A successful entrepreneur developing and scaling a wellness brick and mortar business for over a decade scaling 10-12% growth annually to 25,000+ practitioners.
- 💬 Currently a consultant, mentor, and instructor and teaching faculty in the field of wellness and mental health.

Meg's role is to assist businesses to support their employees in the art of living, to create new possibilities for growth, connection, and well-being on an interpersonal level and greater scale for the business itself to evolve and prosper.

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➤ skills

- Enhancing workforce mental health resilience
- Mental health and wellbeing consulting
- Project management
- Mentor/teacher trainer/coach
- Community outreach & relationship management
- Organization and systemitization coordinator

connect

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