

Brief Bio

Vanessa is a leading expert in the practical application of positive psychology and an experienced organization and leadership development consultant, author, speaker, trainer and facilitator. She is also a Board Member of the not-for-profit, Action for Happiness, founded by Professor Lord Richard Layard. Vanessa completed a Master's Degree in Applied Positive Psychology at the University of Pennsylvania, studying with Dr Martin Seligman and many other leading researchers. She designs and delivers engaging and interactive workshops, programmes and offers consultancy to help organizations and the people that work with them, implement and benefit from the science of wellbeing and resilience.

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