

# WORK'S MENTAL

*Energising Mental Health at Work*



**Amy McDonald**

***Founder & CEO Headtorch***



Amy is dedicated to creating a mentally healthy culture within the workplace. Headtorch was founded to demystify mental health, eradicate stigma and increase colleague engagement.

With a background in drama, education, business, mediation and coaching, Amy fuses her skills to create dramatic learning & development that reflects delegate experience.

Headtorch now delivers solutions across all levels, offering strategic consultation with senior leaders, face to face learning & development with managers and frontline staff and the dramatic online blended-learning programme, developed in collaboration with, and validated by, the University of Glasgow's psychology department.

Clients include: Abellio, BAE Systems, Notting Hill Genesis, PepsiCo UK & Ireland, Police Scotland, Scottish Courts & Tribunals Service, the Scottish Government, Sky Betting & Gaming, West Dunbartonshire Council and UK Steel Enterprise.

When Amy's not working you can find her singing - sometimes in French(!), at yoga, climbing rocks, at the theatre, running in the countryside or climbing mountains.

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