

WORK'S MENTAL

Energising Mental Health at Work



Sam Carlisle

Director



Sam is Director of Cause Communications, an agency specialising in not-for-profits and social responsibility companies.

She has been a senior national newspaper journalist for 25 years and continues to write for The Times, The Sun, Mail On Sunday, Fabulous and Woman magazines. Sam has been a newspaper reviewer for BBC News and Radio 5.

She has been nominated for this year's Guild Of Health Writers Awards for an article about her disabled daughter.

Sam loves to garden and run around Wimbledon Common to engage with nature and de-stress.

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