



Mark Edgerton

Wellbeing coach, programme designer, facilitator, and public speaker

- Mark is a dynamic, engaging and emotionally intelligent training programme designer, facilitator and wellbeing coach. A highly qualified complementary therapist, and therapies teacher, with a track record in Wellbeing and Resilience, Energy Management, Mindfulness and Personal Development. He works with individuals and organisations to maximise potential for personal and business productivity.
- Mark has years of experience working in the field of Leadership Development. He has a wealth of expertise and experience in Narrative Coaching techniques and methodology which he shares with professionals across the globe.
- Mark also has his own personal and inspirational story to tell regarding his experience of facing life-threatening illness and his subsequent journey back to full health. A journey, he is proud to say, through which the NHS was by his side every step of the way.
- In 2008, Mark went to Harvard University to do a clinical training in “Mind – Body Medicine”, and now works with clients teaching them how to use simple, effective, and scientifically-validated techniques to increase their Wellbeing and Resilience.