

Claudia Denington

Trainee Psychotherapist, Global Digital Training Manager

MHFA Instructor



Claudia works closely with organisations to create programmes and workshops that are tailored to their specific needs. Claudia has designed bespoke mental health packages for Thorpe park, The Supreme Court of the United Kingdom, COS, The Guardian, H&M, to name a few. She has trained many organisations including BNP Paribas, the Met police, Merlin Entertainments, University of London and many more. Claudia delivers training and talks to leadership and employees at events, conferences, online and face to face.


Claudia has had several roles in the field of mental health, having worked extensively with adults, children and young people in schools and businesses across the globe. After leaving the banking sector, she was the manager of Mind's (Hammersmith & Fulham) workplace wellbeing service, implementing and mobilising wellbeing programmes in corporates across London. Claudia has worked as a project manager at The Anna Freud National Centre, where she designed and developed resources and training for GP's and primary care in the UK, enabling them to support people presenting at the doctors with anxiety & depression, using digital apps.


In her work, she draws upon her lived experience, having been diagnosed with an anxiety disorder and PTSD in her early adult life. Claudia is currently training to be a Psychotherapist at The Metanoia Institute, has a degree in criminology and psychology and is a mental health first aid instructor delivering the adult and youth course.

Claudia is particularly passionate about ending violence against women and girls and has worked for a VAWG prevention charity which empowers and educates through programmes and self-defence training. Claudia is currently undertaking a training in Nutrition and looks forward to working holistically with clients using a combination of nutrition and talking therapy in the future.

Get in touch

 02038 742 576

 info@strategicwellbeing.com

 85 Great Portland Street,
First Floor,
London, W1W 7LT