

Mark Hashimi

Director and Psychotherapist MSc MBACP UKCP EMDR



Mark, having previously held a number of senior management positions over the last fifteen years, has significant experience managing mental health and wellbeing, as former head of workplace wellbeing at Mind (Hammersmith & Fulham), as a psychotherapist, trainer, public speaker, mental health first aid instructor and from his own personal experiences. Prior to working in mental health, Mark worked in credit for 10 years as senior credit manager at EDF Energy. Responsible for banking £3.2bn PA through a recession, he understands the pressures managers can face.

Mark works closely with COS Stores, University of London, WPP Group, Ogilvy, Hiscox, BBC Worldwide, Cabinet Office, AIG Insurance, Allianz, Met Police, NHS, Sage Publishing to name a few. Mark facilitates bespoke mental health sessions with a strong focus on proactive intervention and long-term sustainability, challenging stigma and effective communication, including addressing issues around homeworking and mental health.

Mark takes an “end-to-end” approach to wellbeing strategy implementation when working with clients; he is experienced in reviewing, enhancing and writing mental health policy and embedding wellbeing strategy.

Alongside corporate training and consultancy, Mark works as a psychotherapist and counsellor trained in transactional analysis and EMDR. Mark co-designed and delivered the “Trauma and Bereavement” training for those impacted by the Grenfell tragedy and Mind’s core mental health and emotional intelligence workshops delivered nationally.

Get in touch

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