

Louisa Strain


Training and Business Development Manager
Accredited Coach | Consultant | Personal Trainer





Louisa is a mental health and wellbeing expert, trainer and facilitator and business development professional. She is an EMCC accredited coach, trained at postgraduate level, as well as a qualified personal trainer and fitness instructor. She is passionate about improving mental health and wellbeing in the workplace and specialises in mindset and behavioural change to enable individuals and workplaces to thrive. She is a Mental Health First Aider and has studied CBT, self-compassion and mindfulness. Since 2018 she has worked with individual clients and organisations to foster resilience, confidence, self-esteem, emotional intelligence and skills of self-awareness, using a combination of approaches.

Louisa previously had fifteen-year career working in acquisitions, business development and account management in corporate academic publishing and before that she worked for several learned organisations and in higher education. She understands the demands of busy managerial and leadership roles and the challenges of working for large and small organisations. Louisa has a deep understanding of the complexities of habit change and she is passionate about inspiring and motivating change in the context of busy and stressful professional lives. She has lived experience of overcoming several mental health and personal challenges and she balances a busy work, home and family life bringing a calm, uplifting, fun and positive approach to her work.

Get in touch

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