



Joe Rye

The Mental Health Coach

**KEYNOTE SPEAKER
BROCHURE**

www.joeroe.co.uk

About Joe Roe

THE MENTAL HEALTH COACH



Joe Roe has dedicated more than two decades to coaching, specialising in mental health, resilience, and mindset transformation.

Having personally navigated stress, depression, bipolar disorder, and psychosis, including two hospitalisations...

Joe uses this authentic lived experience to help clients move from chaos to calm and rediscover their "MoJoe." A certified NLP Master Practitioner and award-winning mental health coach, Joe has supported hundreds of clients through anxiety, low self-esteem, trauma responses, work-related pressures, and life transitions. The Coaching Foundation has acknowledged her as one of the UK's top mental health coaches and has contributed to large wellbeing platforms.

AS SEEN ON



Joe is an Accredited Member of the National Council of Integrative Psychotherapists (MNCIP). She has trained and supervised fellow coaches, co-creating CPD programmes that build confidence in supporting clients with mental health challenges.

Awards





KEYNOTE SPEAKER SPECIALIST TOPICS

- Mental Health.
- Anxiety & panic.
- Bipolar disorder & psychosis.
- Stress reduction & overwhelm.
- Low self-esteem & confidence.
- Motivation and goal-setting.
- Nervous system regulation.
- NLP for mental health.
- Work–life balance and burnout.
- Boundaries & resilience.

Accompanying Workbooks

To accompany her presentations and workshops, Joe has created a series of tools and workbooks for attendees, these include:



The Hug in a Mug workbook is packed with powerful tools for mental clarity and emotional balance. Whether people are navigating burnout, anxiety, or simply need a moment to breathe, these resources are here to support you; anytime, anywhere.



The MoJoe toolbox is designed to help people reset, recharge, and thrive whenever things get heavy. It's packed with practical strategies to restore clarity, balance emotions, and help people find their MoJoe.

Why Hire Joe Roe?

What can you expect from Joe as a keynote speaker?

- Engaging storytelling rooted in real experience.
- Practical tools that audiences can use immediately.
- Warmth, relatability, and humour.
- Professionalism shaped by decades of coaching and media involvement.
- She speaks on panels, podcasts, webinars, conferences, and large wellbeing platforms.



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Joe has worked with and been featured at:



Fees & Booking Info

Joe Roe offers a range of keynote talks, workshops, and panel contributions tailored to organisations, conferences, and wellbeing events.

Speaking Fees

Joe's keynote and workshop fees are structured to reflect her 20+ years of experience as an award-winning Mental Health & NLP Master Coach and the depth of value she brings to each event. Quotes are provided individually to ensure every booking receives the right level of support, customisation, and impact.



What's Included

- A tailored keynote presentation aligned to your event goals.
- Optional Q&A session.
- Customisable speaking topics based on your audience's needs.
- Promotional assets for your event (bio, images, description).
- Ready-made workbooks for attendees.

Travel & Logistics

For in-person events, travel expenses may apply depending on location and event schedule. Virtual events carry no travel costs.

How to Book Joe

To enquire about availability, request a quote, or discuss your event, please contact:



info@joeroe.co.uk



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