



Joe Roe

The Mental Health Coach

MEDIA KIT

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





ARTICLE & PODCAST 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.

Media Work

If you need a professional coach, NLP Master, or mental health expert, to provide an opinion on the topics outlined above, then Joe Roe is available.

Joe is available to write articles for magazines, newspapers, journals, and blogs. She can bring her lived experience along with her professional knowledge around mental health.

As a podcast guest, Joe brings warmth, compassion, and passion on the topics that she talks about. She has appeared on a number of podcasts and facilitates workshops, and speaks at conferences.



Why Utilise Joe Roe?

What can you expect from Joe as a media collaborator, whether writing an article or being a podcast guest?

- 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 & Contact Info

Joe Roe is available free of charge for most media appearances. However, for longer articles and events, charges will apply.

Fees

Joe's in-depth article, 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 Collaborate with Joe

To enquire about availability, please contact:



info@joeroe.co.uk



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