

Meet Polly Brennan



Where has your passion for well-being come from?

Through many years of experience working in the NHS and private practice, Polly has seen the impact that poor mental health has had on thousands of people. She has witnessed a reactive approach to wellbeing management where people from all walks of life have reached breaking point through limited self awareness and lack of resilience strategies.

Her recovery focused interventions to enable work rehabilitation, have fuelled a burning passion to help people to become pro-active in their approach to life and work so that they nurture their mental wealth and create sustainable well-being. Polly's solution focused approach helps people to become their own coach. If you want to thrive in your personal or professional life, Polly has a great reputation for sharing expertise, enthusiasm and energy when supporting people.

A Quick Fact:

Polly is an adventurer and has an amazing passion for enabling others to adopt an adventurous approach to life's challenges and opportunities with the belief that it is possible for us all to have more, be more and do more.

Background and Professional Expertise:

- 23 years of experience working as an Occupational Therapist in the NHS
- BSc Hons Occupational Therapy
- Professional Certified Coach, International Coach Federation
- Professional Coach, Institute of Professional Excellence in Coaching

Clients View:

Polly masters an exceptional interpersonal skillset, whichever angle you approach from, the interaction with Polly provides a professional lens to focus and channel your efforts in a positive direction. You could go with Polly to pay you tax bill or buy a pint of milk and you would look back with a feeling that the meeting was a positive and life affirming experience.
Neil McAnany, FMCG Commercial Manager