



## Rachael Forsberg

Rachael is a Facilitator in our mental health and wellbeing team and specialises in resilience and sleep. She joined byrne·dean on a permanent basis in 2020, but was previously an associate with us.

Rachael studied psychology at university and subsequently spent 11 years working in the field of Human Resources and Health & Safety, most recently working as a HR Project Director for a global medical technology business.

Following her own experiences of anxiety, insomnia and chronic fatigue Rachael decided to go back to her psychology roots complete further training in the fields of mental health and wellbeing. She brings her passion for raising awareness around mental health in the workplace, her own lived experiences and a warm and engaging style to her seminars and training sessions.

## Experience

**Training & facilitation** – Rachael has many years' experience designing and facilitating training on a range of mental health and people related topics both from within her HR roles and also within her own business which she ran for 5 years prior to joining the team at byrne·dean.

**1:1 work and coaching** – Rachael is an experienced NLP, mental fitness and sleep coach.

**Senior leadership** – during her time in the medical technology industry Rachael was a member of the senior leadership team for the UK businesses she supported.

**Employee engagement & development** – Rachael co-led the design, delivery and implementation of a global employee engagement project across 35 countries; as well as the design and delivery of international assessment and development centres for high potential talent.

**Employee relations** – Rachael has many years' experience dealing with investigations, disciplinaries and grievances as well as the restructure of UK companies.

**Community involvement** – Rachael has worked on a voluntary basis for a playgroup for the siblings of autistic children as well as at a school for autistic children.

## Qualifications

BSc Psychology, University of Leicester

Postgraduate Diploma in Personnel Management, De Montfort University

NEBOSH National General Certificate in Occupational Safety & Health, Royal International Training Centre

Neuro Linguistic Programming (NLP) Master Coach, Inspirational Minds Training Ltd

Master Practitioner in NLP, Inspirational Minds Training Ltd

Master Practitioner in Hypnotherapy, Inspirational Minds Training Ltd

The R.E.S.T. Programme, Dr David Lee, Advanced Assessment and Treatment Strategies for People with Insomnia

Mental Health First Aid Instructor, MHFA England