



# Teresa Clark

Founder & CEO, The Wellness Revolution

## Transformational Keynote Speaker

A once-in-a-generation voice whose story of profound tragedy, personal accountability, recovery, and transformation has moved thousands — and invites us all to rethink what it means to break, heal, and rise.

Teresa brings a rare combination of humanity, credibility, and deep emotional resonance to the stage. Through story and science, vulnerability and vision, She holds space for the kind of conversations that create lasting change—in hearts, in teams, in organisations.

## Signature Keynotes

- Inner Alchemy: Transforming Pain into Purpose
- The Power of You: Redefining Your Potential
- How to Cultivate a Culture of Wellbeing
- Unpacking Unconscious Bias
- The Age of Human Potential: The Great Awakening
- The Burnout Epidemic: Redesigning work for wellbeing
- The Unexpected Gift Of Post-Traumatic Growth

## Areas of expertise

Post-Traumatic Growth | Overcoming Adversity | Resilience | Mental Health | Trauma-Informed  
| Leadership | Diversity & Inclusion | Wellbeing at Work | Burnout | Self-Development





Teresa Clark is a transformational speaker, wellbeing expert, and the visionary founder of The Wellness Revolution. A pioneering employee wellbeing consultancy reimagining workplace culture to empower human flourishing.

At 27, Teresa's life changed forever when she fell asleep at the wheel after a music festival, leading to a tragic accident that took the lives of three of her friends and resulted in a four-year prison sentence. This unimaginable tragedy became the catalyst for her profound journey of healing and growth, transforming pain into purpose and shaping her into the compassionate, visionary leader she is today.

Over the past two decades, Teresa has rebuilt her life from the ground up, becoming a respected and globally resonant voice in mental health and workplace wellbeing. Drawing on more than 15 years of experience across frontline and strategic roles in the NHS, criminal justice system, corporate, and charity sectors, she has designed award-winning wellbeing programmes, led systemic culture change, and worked with diverse communities—from ex-offenders and psychiatric patients to CEOs and leadership teams—empowering individuals and organisations to thrive.

Named one of Inside Out Leaderboard's most influential mental health role models in business, Teresa's story of post-traumatic growth and transformation has been widely recognised, with features on BBC Breakfast, in The Telegraph, Raconteur, and beyond. Teresa is a once-in-a-generation voice whose life and work embody the power of transformation. She empowers organisations to create cultures where people don't just survive but truly thrive. Her journey is living proof that even from our darkest moments, we can rise with purpose, lead with heart, and create meaningful change in the world.

# Testimonials

**“Teresa’s keynote at The Identity Journey Conference was one of the most powerful, moving, and courageous talks we’ve ever had the honour of hosting.”**

“With incredible honesty and emotional strength, Teresa shared her deeply personal journey - one marked by tragedy, accountability, and ultimately, a profound commitment to growth and healing. Her story is not easy to tell - and yet she told it with such dignity, clarity, and compassion that the room was completely still.

Teresa didn’t speak for sympathy. She spoke to make people think. About choices. About consequences. About the capacity for change and the importance of living with integrity, even in the face of life-altering mistakes.

Her message - that one choice can change everything - is something that needs to be heard far beyond the walls of our conference. Teresa’s talk should be shared in schools, colleges, universities, workplaces and communities across the country. It’s a rare and essential lesson in responsibility, humanity, and the ripple effect our actions can have - not only on ourselves, but on everyone around us.

We are so grateful to Teresa for her vulnerability and courage. She not only offered her story, she offered hope. She showed that identity isn’t defined by a single moment, but by how we live in the aftermath - and who we choose to become.

Her impact on our delegates was profound. Her talk will stay with us for a long, long time.”

Hayley Williamson, Operations Manager CMSUK



## **“What truly sets Teresa apart is her natural ability to connect with people.”**

“During a fireside chat at the CultureBrained community, we had the pleasure of hosting Teresa as a guest speaker. Her insights and expertise added tremendous value to the discussion, and her presence truly enriched the experience for all participants.

Teresa’s ability to engage and inspire others makes her an exceptional guest speaker and expert. She possesses a warm and approachable demeanour that immediately puts the audience at ease, encouraging active participation and fostering a collaborative atmosphere.

Her contributions were both enlightening and engaging, leaving a lasting impression on everyone in attendance.”

Anis Alexandros El Namparaoui, Community Manager, CultureBrained

## **“Teresa is a really great storyteller.”**

“The session was compelling and inspiring, and as a direct result, it made us think more deeply about how we encounter and address bias both at work and in our personal lives.”

Tom Kilroy, CEO Keyloop

## **"Teresa is incredibly enthusiastic."**

“I attended a talk she delivered recently regarding the importance of workplace mental health - not only was it a personal account but also very thought-provoking, and Teresa was helpful in sharing ideas employers can take to safeguard the wellbeing of their employees. Highly recommend.”

Bill Dunkerley,  
Associate Partner at  
Pannone Corporate



**“I recommend that any conference, workplace or organisation have Teresa share her story; to inspire, motivate and demonstrate that it is possible to overcome adversity.”**

“Teresa Clark was the keynote speaker at a national conference themed ‘The Identity Journey’, which I recently attended. As she started speaking, I (and the entire audience of about 200 people) were quickly enthralled and intrigued.

Not only by the extraordinary personal story Teresa shares, of tragic circumstances, overcoming significant adversity and challenge, living in a scenario beyond comprehension. But by the spellbinding, thoughtful, sensitive and honest way Teresa can articulate her story, that completely captures the audience.

The remainder of the two-day conference, people were still talking about Teresa’s keynote, and I’m sure weeks after, many are still reflecting on it!”

Margot Widdup, Case Manager, & Expert Witness at Jacqueline Webb and Co

## Listen to Teresa’s Podcast Interviews



“Just heard your story on Radio 4. It takes courage to both tell that story and live with that story, but your telling of it has a real impact for people who are living similar moments - and those that are not. Thank you.”

“I just wanted to commend you on your extraordinary, honest and moving interview on Radio 4’s Life Changing. The way you have turned something so awful into something truly positive is inspiring.”

“I heard you on Radio 4 this morning and listened again on my drive home from work this evening. I was blown away by it - you are brave, honest and compassionate.”

Signature Keynote

# Inner Alchemy

## Transforming Pain into Purpose

Is more than just a keynote; it's a deeply moving and unforgettable experience rooted in Teresa's extraordinary story of a moment of unimaginable devastation, through imprisonment, rehabilitation and a profound personal awakening.

In this transformative talk, Teresa shares the moment that shattered her life—and the inner revolution that rebuilt it. With raw honesty and grace, she guides audiences through the complexities of trauma, accountability, and the radical power of choice. Her story becomes a mirror for every listener, reminding us that even our darkest chapters can spark our most powerful transformation—and that healing, purpose, and growth are always possible.



Delivered with the kind of presence that stops a room, touches hearts and minds, and leaves a lasting impact.

## Inner Alchemy explores interwoven themes of:

- A full-bodied, heart-opening reminder of what it means to be human
- Breaking the silence around shame, trauma, and identity
- Radical responsibility and the cost of unconscious choices
- Rebuilding from rock bottom, healing, accountability, and purpose
- The alchemical process of post-traumatic growth
- How our pain can become our greatest teacher

Inner Alchemy speaks directly to what so many are silently yearning for: a living testament that we can rise, evolve, and find meaning in the aftermath of struggle.

# Bookings & Enquiries

## Available for:

- Global Keynotes (in-person & virtual)
- Panel Appearances & Fireside Chats
- Workshops & Interactive Masterclasses
- Executive Retreats & Offsites
- Media & Storytelling Collaborations

Teresa brings truth, transformation, and the kind of storytelling that lingers long after the event ends. Whether you're looking to ignite cultural change, open hearts, or build spaces where healing and leadership meet—Teresa isn't just a speaker.

She's an experience your audience will never forget.



With universal appeal spanning mental health and wellbeing, leadership, corporate wellness, social justice, education, and personal transformation, Teresa is uniquely positioned to deliver keynote experiences that are both emotionally unforgettable and strategically valuable.

📞 0208 050 5567

✉️ [hello@thewellnessrevolution.co.uk](mailto:hello@thewellnessrevolution.co.uk)

🌐 [www.thewellnessrevolution.co.uk](http://www.thewellnessrevolution.co.uk)

## MAKE YOUR EVENT UNFORGETTABLE

[BOOK TERESA NOW](#)