



Emma Reed Turrell

AUTHOR · MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE

People-pleasing and imposter syndrome are widely named in workplaces, rarely treated as the operational drag they are. They show up as missed boundaries, unspoken disagreement in meetings, talent quietly under-performing, and senior staff burning out without explaining why. Most wellbeing programmes label the problem; few give people the clinical vocabulary to change it.

Emma Reed Turrell is a psychotherapist and author who helps organisations name and shift the personal patterns, people-pleasing, imposter syndrome, blind spots, that quietly erode performance, communication, and wellbeing at work.

Emma Reed Turrell's 2026 Biography

AVAILABLE FOR

- Speaking

Why organisations work with Emma Reed Turrell

EMMA'S SPEAKING THEMES

- Emotional Intelligence
- Employee Wellbeing
- Inclusive Leadership
- Mental Health in the Workplace
- Resilience & Stress Management

- She brings the consulting room into the boardroom. The frameworks she uses with audiences are the same ones she works with in private clinical practice, not a borrowed model dressed up for corporate slides.
- Two trade-published books with named theses, *Please Yourself* (HarperCollins) on people-pleasing and *What Am I Missing?* (Penguin) on four blind-spot profiles, give her content a recognisable structure that audiences can act on after the session.
- Her four-blind-spot typology (The Gladiator, The Bridge, The Hustler, The Rock) gives teams a shared, non-judgemental language for the friction that usually goes unnamed in 1:1s and team reviews.
- Co-hosting *Best Friend Therapy* with Elizabeth Day, now in its seventh season, has trained her to translate clinical material into conversation that lands with non-specialist audiences without losing precision.
- MBACP-accredited practitioner status means employers can route sensitive content (boundaries, self-worth, conflict avoidance) through a clinician on the register, not a motivational speaker working in adjacent territory.

LANGUAGES: English

Biography highlights

- Author of *Please Yourself: How to Stop People-Pleasing and Transform the Way You Live*, HarperCollins.
- Author of *What Am I Missing? Discover the Four Blind Spots That Are Holding You Back*, Penguin.
- Co-host of *Best Friend Therapy* podcast with Elizabeth Day, in its seventh season.
- MBACP-accredited psychotherapist running a private practice (The Therapy Loft).

- English graduate of Queens' College, Cambridge; ten years in commercial roles before retraining.
- Corporate engagements named on her bureau profiles include Diageo, Sky, AstraZeneca, ClearScore, Evelyn Partners, and the Foreign & Commonwealth Office.

Biography

The most common complaints inside large organisations, people who cannot say no, leaders who cannot ask for help, talented staff who underclaim their work, sit downstream of the same psychological patterns that fill a therapist's caseload. Emma Reed Turrell has spent fifteen years working with those patterns clinically, and her speaking is built directly on what she sees in the consulting room.

She read English at Queens' College, Cambridge, spent a decade in commercial roles, then retrained as a psychotherapist and became MBACP-accredited. She now runs a private practice, The Therapy Loft, alongside her writing and speaking. The two books, *Please Yourself* with HarperCollins on the structure of people-pleasing, and *What Am I Missing?* with Penguin on four named blind-spot profiles, are the source material for her keynote content.

Her co-hosted podcast with Elizabeth Day, *Best Friend Therapy*, now in its seventh season, has built her a reach beyond the clinical audience and trained her to make therapeutic ideas usable in everyday work conversations. The result is a speaker who can hold a non-specialist audience for an hour on people-pleasing, imposter syndrome, or unconscious blind spots, and leave them with a vocabulary they can take back into their team.

Organisations that have booked her include Diageo, Sky, AstraZeneca, ClearScore, Evelyn Partners, and the Foreign & Commonwealth Office, employers for whom employee wellbeing and communication are not soft topics but live retention and productivity issues.

Key speaking topics

- People-pleasing and workplace boundaries
- Imposter syndrome in high-performing teams
- Psychological blind spots and self-awareness
- Self-worth and confidence at work
- Mental health and wellbeing in the workplace
- Non-conflict communication
- Resilience and stress management

Ideal for

- CHROs, heads of talent, and L&D leads designing wellbeing and communication programmes for the wider workforce.
- Women's networks and emerging-leader cohorts wrestling with imposter syndrome and self-worth.
- Senior teams that want a shared language for the friction patterns showing up in 1:1s and reviews.
- Employee conferences and all-hands events where wellbeing content needs clinical weight rather than motivational gloss.

Audience outcomes

- A named vocabulary for the people-pleasing, imposter, and blind-spot patterns that shape day-to-day work.
- Specific tools for setting boundaries and managing self-worth that audiences can use the following week.
- Recognition of which of the four blind-spot profiles (Gladiator, Bridge, Hustler, Rock) is most active in their own behaviour.
- Practical anxiety-management techniques drawn from her clinical practice, including the worry-box approach.
- Permission to treat wellbeing as a serious operational topic, not a soft benefit.

Emma is an author, psychotherapist, and host of the Friendship Therapy Podcast. She leads the Therapy Loft consultancy and explores people-pleasing and psychological blind spots in her acclaimed new book, 'What Am I Missing?'.

Emma supports organisational growth and well-being through coaching, workshops, and talks, emphasising mental health for business success. She advocates for mental health, offering sessions on imposter syndrome, empowering women, and non-conflict communication.

Emma has worked with companies such as Diageo, ClearScore, Sky, and AstraZeneca, promoting resilience and overcoming limiting beliefs.

Emma Reed Turrell's 2026 talks & topics

How To Stop People Pleasing

A clinical look at the behaviour patterns that drive people-pleasing at work and the cost they impose on individuals and teams.

Key takeaways:

- A typology of people-pleasing behaviours and how they show up in meetings, feedback, and progression decisions.
- Specific techniques for setting boundaries without damaging relationships.
- A reframing of self-worth that uncouples it from approval-seeking.

Beating Imposter Syndrome

The origins, symptoms, and operational cost of imposter syndrome, especially in high achievers prone to perfectionism.

Key takeaways:

- Eight actionable steps for managing imposter feelings under pressure.

- Tools for re-evaluating the core beliefs that fuel comparison and self-criticism.
- The worry-box technique and other practical anxiety-management methods.

Becoming Free to Succeed: Identifying and Overcoming Limiting Beliefs

Drawn from *What Am I Missing?*, an examination of the hidden narratives and blind spots that trap individuals in scarcity thinking.

Key takeaways:

- The four blind-spot profiles (Gladiator, Bridge, Hustler, Rock) and how to spot them in oneself and others.
- How limiting beliefs distort decisions about risk, ambition, and relationships at work.
- Tools for moving from scarcity to growth without sliding into forced positivity.

Emma Reed Turrell's Videos



What Emma Reed Turrell's clients say

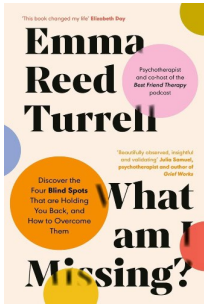
Emma is a fundamental part of our mental health offering that supports the ClearScore team to sustain high performance. Emma provides an effective, confidential, reliable and now essential service to the ClearScore team.

Justin Basini

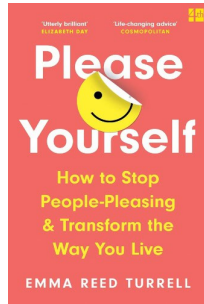
Co-founder and CEO, ClearScore

I wanted to say thank you for the session today – it was the first time in forever I've felt truly seen and have understood things that have been bothering me for years (despite having had therapy previously) – just felt compelled to share that as you really are so good!

EMMA'S LATEST BOOKS



What am I Missing?: Discover the Four Blind Spots That are Holding You Back, and How to Overcome Them



Please Yourself: How to Stop People-Pleasing and Transform the Way You Live

Emma Reed Turrell's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	Please enquire	Please enquire	Please enquire
Europe	Please enquire	Please enquire	Please enquire
Middle East & Africa	Please enquire	Please enquire	Please enquire
South America	Please enquire	Please enquire	Please enquire
United Kingdom	Under €12000	Under £10,000	Under \$15000
US East Coast	Please enquire	Please enquire	Please enquire
US West Coast	Please enquire	Please enquire	Please enquire

Virtual	Please enquire	Please enquire	Please enquire
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