



Kimberley Wilson

AUTHOR · MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE

Burnout, attrition and absence are now line items on the operating plan, and most wellbeing programmes have not moved the numbers. Leaders are being asked to protect cognitive performance and mental health at the same time, often with the same workforce that is already running hot. The hard question is what actually changes outcomes once posters, apps and awareness weeks have been tried.

Kimberley Wilson is a Chartered Psychologist and nutritionist who helps organisations protect cognitive performance, resilience and mental health by treating the brain as a physical organ that responds to how people sleep, eat, move and recover.

Kimberley Wilson's 2026 Biography

Why organisations work with Kimberley Wilson

- She is dual-trained as a Chartered Psychologist and a nutritionist, which lets her connect food, sleep and stress to measurable cognitive and behavioural outcomes that HR and clinical leads both recognise.
- Her Whole Body Mental Health approach gives leaders a workable thesis: brain health is built, not gifted, and the inputs sit inside the working day.
- Her clinical track record is unusually serious for the corporate stage. She led the therapy service at HMP and YOI Holloway and served as a Governor of the Tavistock and Portman NHS Mental Health Trust.
- She has translated the science into two trade books, *How to Build a Healthy Brain* and *Unprocessed*, and a regular media platform that includes BBC Radio 4 and BBC Science Focus.
- She turns research into practice. Audiences leave with specific behaviours to adopt, not a general call to look after themselves.

Biography highlights

- Chartered Psychologist with a Master's degree in Nutrition, running a private practice in central London.
- Former Governor of the Tavistock and Portman NHS Mental Health Trust.
- Former Chair of the British Psychological Society's Training Committee in Counselling Psychology.
- Led the therapy service at HMP and YOI Holloway, then Europe's largest women's prison.
- Author of *How to Build a Healthy Brain* (Yellow Kite, 2020) and *Unprocessed* (Penguin, 2023).
- Host of BBC Radio 4 podcast *Made of Stronger Stuff*; contributor to BBC

AVAILABLE FOR

- Speaking

KIMBERLEY'S SPEAKING THEMES

- Employee Wellbeing
- Health & Wellbeing
- Mental Health in the Workplace
- Peak Performance
- Resilience & Stress Management

LANGUAGES: English

Science Focus and Psychologies Magazine.

Biography

Mental health programmes inside organisations have stalled at the level of awareness. Awareness has not lowered burnout rates or improved cognitive performance, and senior leaders know it. The next conversation is about what physically builds and protects the brain at work.

That is the territory Kimberley Wilson has spent her career in. She is a Chartered Psychologist with a Master's degree in Nutrition, and she works at the point where psychology, food and physiology meet. Her clinical credentials sit in serious places. She was a Governor of the Tavistock and Portman NHS Mental Health Trust, chaired the British Psychological Society's Training Committee in Counselling Psychology, and led the therapy service at HMP and YOI Holloway.

Her published work makes the argument explicit. *How to Build a Healthy Brain* set out the lifestyle inputs, sleep, nutrition, movement, recovery, that protect cognitive function across a lifetime. *Unprocessed* pushed further, showing how modern diets are shaping mood, behaviour and decision quality at population scale. Both books are written for general readers, which is why they translate well to a corporate audience.

On stage she is plain spoken, evidence led and useful. She gives leaders a framework for thinking about brain health as infrastructure, and gives employees specific things to change on Monday morning. For organisations spending real money on wellbeing without seeing the return, that combination is the point.

Key speaking topics

- Whole Body Mental Health
- Brain health and cognitive performance at work
- Nutrition, mood and behaviour
- Stress, recovery and burnout prevention
- Sleep and high-performance teams
- Workplace mental health strategy

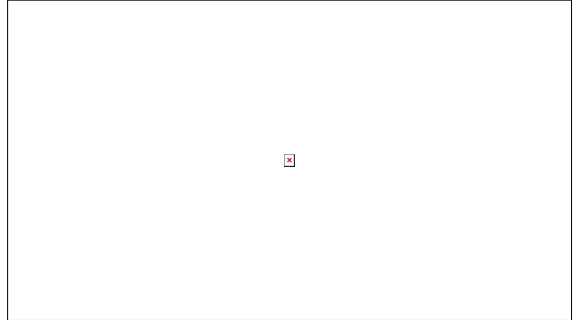
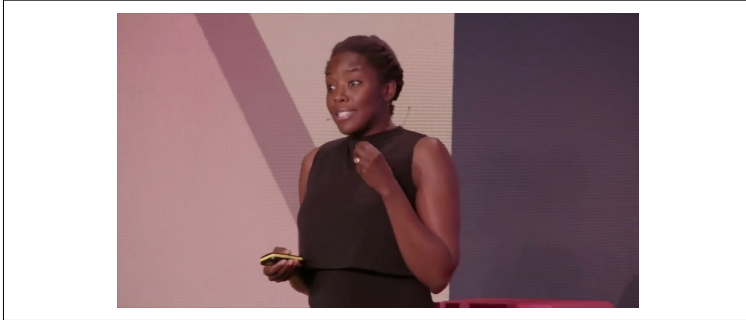
Ideal for

- CHROs and Heads of People rebuilding wellbeing strategies that need to show measurable impact.
- Boards and executive teams concerned with cognitive performance, decision quality and senior leader burnout.
- Health, safety and wellbeing leads in high-pressure sectors such as financial services, professional services, healthcare and defence.

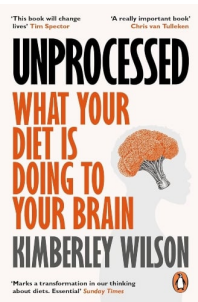
Audience outcomes

- A clear thesis on how brain health is built, and where it can be protected or eroded inside the working day.
- Specific behaviours linked to sleep, nutrition, movement and recovery that audiences can apply immediately.
- A more accurate reading of the link between food, mood and decision-making at work.
- A sharper view of where wellbeing investment actually shifts performance, and where it does not.

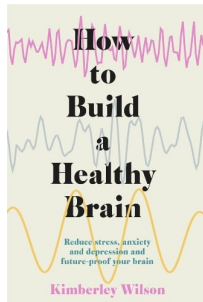
Kimberley Wilson's Videos



KIMBERLEY'S LATEST BOOKS



Unprocessed: How the Food We Eat is Fuelling our Mental Health Crisis



How to Build a Healthy Brain: Reduce stress, anxiety and depression and future-proof your brain

Kimberley Wilson'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
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Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Europe	Under €12000	Under £10,000	Under \$15000
Middle East & Africa	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
South America	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
United Kingdom	Under €12000	Under £10,000	Under \$15000
US East Coast	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
US West Coast	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Virtual	Under €12000	Under £10,000	Under \$15000