

Meet Kerry Howard, Corporate Mental Health Consultant for PsychNEXUS, the go-to for stressed out Business Owners and CEOs in Australia with more than five staff. With a genius for providing bespoke solutions to calm your workplace, Kerry is the thought leader in mental health, specialising in prevention.



Whether it's strategic problem solving of your people problems, or clear solutions that deliver a framework for transforming your workplace culture, Kerry helps stressed out professionals get more support, better outcomes, and happier staff - a miracle they just can't keep ignoring. And it's no wonder: Kerry is a best-selling author, award-winning former psychologist, and globally recognised as the 'Maverick of Mental Health'. She is also an outcome focussed Mediator and Chief Mental Health Advisor who is internationally recognised as the 'Most Influential Woman in Mental Health'.

Kerry was recognised by the International Stevie Women in Business Awards as a 'Maverick' in the field of mental health. Kerry has won multiple awards for her innovation in wellbeing, including two international awards for her commitment to treating PTSD and improving mental health in Australia. In 2021 Kerry won the Excellence in Science and Technology Award for her pioneering work in the delivery of online trauma therapy.

Kerry's new book *'How to Heal a Workplace: tackle trauma, promote psychological safety and boost happiness at work'* launched in February 2023 and provides insights into how traumatic experiences in the workplace can result in psychosocial injuries. In this book she interviews senior leaders and affected workers across industry sectors and provides innovation in workplace wellbeing to prevent injuries.

Kerry's previous book *'The Trouble With Trauma: Resolve the Impact of Abandonment and Fear of Rejection, and Understand the Importance of Connection in Recovery'* won an International Book Excellence Award in 2022.

So - if you have an issue you can't seem to solve, Kerry is your go-to!