ASHLEIGH TOBIN
HEALTH AND MIND COACH

# Ashleigh Tobin / Speaker Bio

Ashleigh Tobin is an international award-winning speaker, TEDx speaker, registered nurse and health and mind coach with more than 35 years' experience across healthcare, pharmaceutical leadership and coaching.

Known for her fun, frank and thought-provoking approach, Ashleigh combines science with soul, using storytelling, humour and practical insights to make complex health and wellbeing topics accessible, engaging and relevant to everyday life.

Her speaking topics include menopause and hormonal health, sleep, stress, brain fog, bone health, healthy weight, mindset and sustainable performance.

Whether addressing a conference audience or delivering a workplace wellbeing session, Ashleigh encourages people to question unhelpful assumptions, better understand their health and leave with realistic ideas they can put into practice straight away.

Ashleigh is a registered nurse, a Satir Coaching and Mentoring Specialist, a Master NLP practitioner and a Storyteller. She holds additional qualifications in Mind Coaching, Complementary Medicine, CBT and Heartmath Stress Management.

Ashleigh lives in Wicklow with her husband Eric. When she's not working, she's walking, storytelling, doing Pilates or gardening. You'll also find her riding pillion on the back of Eric's motorbike, since she's figured out how to pack everything into a very small motorbike pannier.

You can stay connected with Ashleigh here: https://linktr.ee/yourhormonehealth

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