



Tabby Kerwin

Bringing clarity, courage and practical strategies to your audience.

CEO, TEDx Speaker,
Executive Consultant Psychologist,
Facilitator & Best-Selling Author

On a mission to help 7 million people protect their mental health, grow with grief and PERFORM at their best in the next 7 years

Tabby Kerwin MAPP doesn't just talk about resilience, grief, and mental health. She's lived it.

A midlife widow who lost her husband, brother, and father, Tabby turned profound personal loss into a mission that is changing the conversation around grief, mental health, and human performance. Her TEDx talk **Widowhood Made Me Happier** didn't just challenge perceptions, it proved that adversity, when met with the right tools, can be the catalyst for the most extraordinary growth.

She is a consultant psychologist, bestselling author, multi award-winning mindset coach, and Doctoral candidate in Coaching Psychology — and she brings all of it to the stage with the straight-talking warmth of someone who has genuinely walked the path she teaches, with a side-serving of humour and lightness.

Her audiences don't leave with theory. They leave with strategy, tools, a shift in perspective, and the uncomfortable-but-liberating realisation that protecting their mental health is not a luxury...it is what makes them PERFORM at their best.

Tabby's **PERFORM** framework — grounded in the science of happiness and positive psychology — has reduced mental health sick days from over 20% to zero in client organisations, whilst her national campaign **#GetYourDucksInARow** has inspired thousands to protect their mental health before crisis hits. Her groundbreaking new keynote, **Grief is a Mental Health Issue — and It's Costing Your Organisation More Than You Know**, is doing what nobody else in the field is doing: putting grief where it belongs — at the heart of the mental health, performance, productivity, and profit conversation in organisations.

This is not a wellbeing talk. This is a business case with a human heart.

Tabby is on a mission to help 7 million people protect their mental health, grow with grief, and PERFORM at their best. The question for your audience is simple: **what happens when they finally stop waiting for the crisis — and start building the protection now?**

SIGNATURE TOPICS

- ✓ Growing with Grief
- ✓ Widowhood Made Me Happier
- ✓ PROTECTING Mental Health
- ✓ High PERFORMANCE
- ✓ Mindset & the Science of Happiness
- ✓ Organisational Mental Health Protection, Grief Support & Wellbeing
- ✓ Productivity & Performance
- ✓ Getting Your Ducks in a Row
- ✓ Mental Health of Brass Band Musicians

"Tabby is a wonderful person to work with. Her passion and enthusiasm as a mental health advocate is inspiring."

"Working with Tabby has been an absolute game-changer and given me a new found confidence. Her exceptional training and expertise in coaching have transformed my approach to handling grief and loss."



 **12K**

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Get in Touch!

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 **1.6K**
email subscribers



Tabby Kerwin

Widow, Mental Health Protection Advocate, Storyteller

Growing with Grief
Protecting Mental Health
PERFORMing at your best

On a mission to help 7 million people protect their mental health, grow with grief and PERFORM at their best in the next 7 years

ABOUT ME

Hi! I am Tabby Kerwin (MAPP).

I am a coaching psychologist, TEDx speaker, best-selling author, and award-winning mindset coach who turned widowhood and profound grief into a mission to empower women to grow through loss.

I share my journey of widowhood and growth with grief to help everyday people protect their mental health, get their ducks in a row and build resilience from the hardest challenges. My work is built on honesty, possibility, hope, kindness, gratitude and practical strategies grounded in positive psychology.

A Doctoral candidate in Coaching Psychology, I blend science, storytelling, and raw honesty to help individuals and organisations rebuild resilience, protect their mental health, and rediscover possibility after heartbreak.

COLLABORATION OPPORTUNITIES

- ✓ Editorial & Blogs
- ✓ Campaign Partnerships
- ✓ Brand Ambassadorships
- ✓ Events and Keynotes
- ✓ Vlogs, Radio & TV Interviews

“I love your posts, they give me such hope.”

“You help me think differently about grief.”

“Your TEDx talk was incredible. I was bawling my eyes out in the best possible way. Incredibly inspiring. Thank you.”

CONTENT THEMES

- ✓ Growing with Grief
- ✓ Widowhood
- ✓ PROTECTING Mental Health
- ✓ High PERFORMance
- ✓ Resilience & Happiness
- ✓ Life After Loss

AUDIENCE INSIGHTS

- 1.6k personal Insta followers**
- 60.6k views in last 30 days**
- 33.5% viewers in UK**
- 20.1% viewers in USA**
- 65% viewers are women**
- 58% viewers aged 35-54**



MEDIA & CLIENT EXAMPLES



Get in Touch!

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1.6K
email subscribers