

HER

Wellbeing  Summit

**BECAUSE A BUSINESS
WOMAN IS SO MUCH MORE
THAN HER BUSINESS**

HER Wellbeing Online Summit 2020

Exclusive Contributor Offer

Mindful Me Masterclass - Gemma Sandwell

Hello, I'm Gemma Sandwell and I'm a Mindfulness Teacher, Positive Psychology Practitioner, ICF accredited coach and TEDx speaker.

I've been on a journey of personal self-discovery, overcoming many years of severe anxiety through using Mindfulness and Positive Psychology.

I have a degree in Psychology. Further study in Positive Psychology and Wellbeing led me to Mindfulness which started to make some dramatic shifts for me in my life. It helped me relax more and sleep more easily and started my journey of overcoming years of anxiety.

I then completed a diploma in Mindfulness and went on to complete my Mindfulness Teacher Training and became accredited with the International Coaching Federation too so I could help others overcome stress and anxiety and create flourishing lives. This is why I set up Happiness Branch. My husband also jokes (but he's serious!) that I'm actually a much nicer person to be around without all the stress and anxiety!

I teach Mindfulness courses and Positive Psychology/Happiness Coaching programmes and I also create personalised and unique Mindfulness meditations.

The tree analogy which is part of my branding is really important as it helps us to be better versions of ourselves and my [TEDx talk](#) explains why it's important, the science and research and how we can start changing our lives.

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