

Amy Coombe



Amy Coombe's, story is, sadly, not unique. Her personal journey involves battling a severe and life threatening mental illness during her teenage years, although her straight A's were a contradiction to the state of her internal world as she managed to hide her illness and suffer in silence.

Amy's message & delivery, however, IS unique! Having overcome her demons, rebuilt her life and walking the talk of a fully recovered survivor, Amy is extremely passionate about using her experience to change the lives of others. Amy shares real life tools, strategies and personal stories to educate, inspire and empower each audience she presents to reinforcing that it is possible to overcome adversity, improve the internal health of your mind and learn to believe that true self worth comes from within and is not dependant on the shape or size of our body, what actions we take in our life or how we're perceived by others. Mental Health, Resilience, Work / Life Balance, Body Image, Overcoming Adversity & Self Esteem are the top topics that Amy is booked for.

"Amy is energetic and engaging. She is able to connect with a wide range of audiences, from school children to youth, to adults alike. She is a great speaker and her positive attitude towards talking about mental health, hope and recovery embodies all the objectives of National Health Week awareness."

Rod Asbury, CEO, WA Association for Mental Health

Amy has spoken to over 20,000 Teens, Teachers, Parents and Adults. Amy has appeared on Channel 10 'The Project', Channel 7 'Today Tonight', Channel 7 'GWN News' and has been featured in CLEO Magazine, The Australian Online, Perth Now, Adelaide Now, The Sunday Times, The Mental Health Commission's Magazine 'Head2Head', WA's Family Magazine 'Offspring' and The West Australian. In 2014 Amy was the official Ambassador for Mental Health Week in WA and in 2013 was nominated for the Australian Education and Leadership Centre's 'Most Positive Role Model of the Year'.

Amy shares her personal experience as well as the tools she has professionally developed as a Nationally Accredited Life Coach & MBIT Coaching Practitioner.

"Thanks so much for today. You were brilliant. So far nothing but positive feedback! You have a natural ability to own the room and connect with the audience. Your story was very touching, inspiring and encouraging. Keep doing what you're doing. You are helping to change the stigma of mental health one event at a time."

Stewart McDonald, OSH Manager, Landcorp

Amy speaks from the heart & presents with humour, emotion & honesty no matter what service she delivers it in. Whether you're looking for an inspiring and engaging Keynote Speaker for your Conference, Company or School, a professional and passionate MC, a fun and fresh Facilitator or someone to help you one on one through Coaching or Mentoring Amy would love to hear from you.

"We really can't speak highly enough of your presentation, both for its impact on students and staff and for the creative and thoughtful way you wove it together with our students' drama work. The combined effect was extremely powerful and certainly merited the heartfelt feedback you received from students and the comments we've also received from students, staff and parents. The students were so moved by it and didn't stop talking about it all day. There have been countless requests from them for you to come back and present to their entire cohort. As a fellow seeker of freedom for all students to be who they are, please accept my personal thanks."

Jen Fraser, Student Services Manager Years 7, 8 & 9, John Curtin College of the Arts

Having addressed over 20,000 audience members from teens to corporate employees, right through to age 86 year old retirees, Amy knows how to relate and tailor her service to suit the age, style and desired outcomes of every client she works with and audience she presents to. Whether she is the Keynote Speaker, the MC or the Facilitator, Amy will share stories, laughs, knowledge and ensure your event is one that your audience remembers!