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| A person taking a selfie  Description automatically generated | **Name: Kim Rutherford**  **Occupation: Psychotherapist, Mental Health and Wellness Coach and Trainer**  **Company: Dalton Wise Coaching and Therapy**  **Website: www.daltonwise.co.uk** |
| *“If you manage your wellness and protect your mental and physical health, you can overcome life's challenges, traumas and transitions to live a happier, healthier and more productive life”* |

Kim is a psychotherapist, coach and trainer specialising in mental health, mental wellness, mindset and leadership development. After qualifying as a Criminologist, Kim had a successful career as a senior manager within Organisational Development, across the Welfare to Work, Skills and Education, and Health and Social Care sectors and then later trained to become a psychotherapist and mental health and mental wellness specialist with her own private practice.

Kim’s understanding and experience of mental health spans over three decades, she grew up with a parent who experienced mental health issues, and has always been passionate about ending the stigma linked to mental health after seeing first-hand how those who are diagnosed with mental health issues can be treated by wider society and even their own families and friends, when there is limited understanding and unrealistic expectations regarding mental health.

In 2014, at the height of her career Kim personally experienced emotional exhaustion and professional burnout, which resulted in a car crash and a nine month mental health recovery period. It was during this time that she made the decision to put her wellness first and re-evaluate her life. She re-trained to become a psychotherapist and with a passion for personal development, mental health prevention, and supporting people to problem solve life’s challenges, Kim set up Dalton Wise with her husband (“*he brings the surname and I bring the wisdom”).* She alsocreated the effective 8 Wise Wellness Programme, a unique methodology for supporting with mental health recovery, managing wellness and wellbeing, and implementing effective workplace wellbeing policies, processes and procedures for a healthy and engaging work culture.

Kim supports with: *Anxiety, Career transition, Depression, Emotional issues, Leadership development, Panic attacks, Phobias, Personal development, Relaxation, Self Esteem, Self-defeating behaviours, Shyness, Sleep, Stress, Trauma, Work-life balance, Work related stress and Work performance and productivity.*

***In her own words:***

*“I learnt some mental health lessons the hard way and want to prevent others from having to do that. I work with people to manage their stress and their mental health so they can live their most productive lives. Because I truly believe, if you learn to manage your wellness and protect your mental and physical health, you can overcome life's challenges, traumas and transitions to live a happier, healthier and more productive life”*