



Emma Boucher

Mental Health and Wellbeing Facilitator (Registered Psychologist)

Emma Boucher has spent almost 25 years working in the mental health field partnering with individuals, groups and organisations within public and private health settings. As a Psychologist, Emma's previous roles have included Community Mental Health, Team Leader and Outcomes Trainer. Emma has a wealth of experience in providing EAP and CI response services, RTW programs and professional development. Having run her own business for over 15 years, Emma is well aware of some of the unique benefits and challenges that small and large businesses can face.

Emma has worked with a variety of organisations, including small businesses, large corporations, government departments and educational institutions providing Workplace Wellness, Mental Fitness and Mental Health First Aid trainings. Emma is a Principal Master MHFA Instructor and blends a dynamic delivery style that includes engagement of participants with sensitivity and compassion.

Emma is a passionate advocate for mental health and divides her time between facilitating workshops, teaching and clinical work. Emma has a special interest in Workplace Wellness, Positive Psychology and Mental Fitness. She is dedicated to assisting organisations to educate, reduce stigma, promote early intervention and increase recovery of all employees who may be experiencing a mental illness. Emma is a Registered Psychologist and has postgraduate qualifications in Nutrition, which provides a unique skill set of knowledge and expertise.