



DELPHI ELLIS

SPEAKER • CORPORATE TRAINER • AUTHOR

ABOUT DELPHI

Delphi is a qualified counsellor, corporate well-being trainer, speaker and author. Her specialist areas include **grief** and **well-being**, and the impact loss has on our **sleep and dreams**. She is also an authentically trained **mindfulness** practitioner.

She is the author of [Answers In The Dark: Grief, Sleep and How Dreams Can Help You Heal](#).

PROFESSIONAL EXPERIENCE

Delphi started her therapeutic career working with people who were grieving, mainly those bereaved by murder or suicide.

She has since designed and delivered bespoke training for blue light services on grief and well-being and also delivers services in to the community to help people, as she calls it, find their mojo and get their sparkle back.

Delphi also works with corporate businesses and organisations that want to enhance and enrich employee well-being.

MEDIA

Delphi has an extensive list of media appearances which include ITV's This Morning, Loose Women and BBC Radio.

She has also featured in popular newspapers and magazines, including the Guardian and Natural Health, discussing her specialist areas. Delphi also offers her time as a speaker at certain PR events.

For a full list of media appearances click [here](#).

HIGHLIGHTS

Delphi's book, [Answers In The Dark](#) went to #1 on the Amazon Best Seller list for its category on publication day. Her book has been described as a "life changer".

She has also appeared regularly on TV, Radio and featured in popular magazines and newspapers.

QUALIFICATIONS

Delphi is a qualified counsellor, trainer and has a Diploma in Management and Leadership from CMI. She also engages regularly in continuing, professional development.

AWARDS

Include: "Women Who Keep Bedfordshire Safer" and the Health and Social Care Awards for Mental Health & Wellbeing (Regional Finalist)



@DelphiEllis