

# Polly!

Adventurous Coaching  
Mental Health & Wellbeing Coach



Polly is an energetic mental health and wellbeing coach. She has a passion for enabling people to adopt an adventurous approach to life's challenges and opportunities.

Drawing on years of expertise working for the NHS, Polly helps people to take a pro-active approach to nurturing 'mental wealth'.

Polly helps military veterans, young adults (16-25), and forward-thinking individuals and teams to build resilience.

Polly has a great reputation for sharing expertise and enthusiasm. She has helped people from all walks of life to lead an adventurous and healthy life and to develop the tools to thrive

## Recent Guest Appearances

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- [Stubbornly Optimistic podcast- Reflective Cycling](#)
- [World Health Heroes Resilience with Polly Brennan](#)
- [Industry Angel podcast \(16mins in\)](#)
- [World Health Heroes - Triumphant in the face of adversity/Mental health veteran documentary](#)

## Topics I regularly speak about:

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- The importance of mindset as a wellbeing tool – Is your glass half full?
- The benefits of resilience action planning - an everyday approach to life
- The impact of taking a mental toughness approach to boost your resilience
- Triumphant in the face of adversity – Post traumatic growth
- The connection between adventure and resilience building

## Questions that I can answer:

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- What is **mental wealth** and can anyone achieve it?
- How coaching can help **build resilience**?
- How to help **young adults** create a **resilience** action plan
- What are the connections between **being adventurous and being resilient**?
- How can the **mental toughness** model enhance workplace resilience?
- What strategies can help people to master their **resilience**?

## Media Resources

- [Contact details](#)
- Subscribe to Polly's weekly challenge
- Adventures with Polly
- Polly's News and Views