

HELEN TURIER

Presenter / Trainer / RGN

Described by colleagues as “Genuine, Motivated and Inspiring” Helen's passion is empowering people to be their “Best self and live their best life”.

Helen began her career in The Queen Alexandra's Nursing Corp where she trained as a Registered General Nurse. It was this excellent foundation that Helen cites with giving her the positive drive, attitude and commitment that she brings to everything she does.

After leaving the QARANC Helen found her passion for training and presenting when working for Tambrands Ltd delivering health education seminars across the country. In 2000 she became Training Manager for AXA Assistance UK for the successful procurement and subsequent roll out of the Clinical Decision Support Software to NHS Direct and NHS 24 call centres. This role saw her develop management and leadership skills and experience. She was also lead on writing the training strategy and liaising with the NHS training leads.

Helen's star continued to rise in 2001 when she was head hunted and recruited as Managing Director of MDS International Ltd and as a Director of CAS Services Ltd. This role saw her being a key member of the successful team that took the companies to sale in 2005. This depth of experience in health, training and business gives Helen a unique blend of experiences to draw from in her work.



Since 2007 Helen has been running her own successful holistic therapy & personal development business.

Outside her working life Helen is parent to 3 great teenagers whom she has been parenting as a lone parent since her twins were 9 months old and her son was just 2.5 yrs. Such is her passion for family and family values, especially multiple birth families, that Helen volunteers for the charity **TAMBA**. She facilitates ‘The Practical Preparing for Multiples’ workshops for parents who are expecting Twins, Triplets or more. These insightful, and inspiring seminars are held 4-5 times a year at Billingshurst Children & Family Centre in West Sussex. Helen is also part of TAMBA's strategic planning committee.