



Jon Bockelmann-Evans

Thought-leader and Emotional Health Expert

JBE Health

Jon is a thought-leader and inspirational speaker in the field of emotional health. Drawing on his clinical background, diverse life experiences and humorous anecdotes Jon brings to life the vital role that emotional health plays in every part of our lives and why it's ultimately the most important, but most over-looked, aspect of health.

After gaining clinical experience in the NHS in the 1990s as both a physiotherapist and psychotherapist with a specialist interest in helping people with stress-related conditions, in 2000 Jon began running training courses and speaking at conferences. Since then Jon has worked with schools, colleges and universities and developed a diverse client base including global brands Nike, Dow, Merck and EE.

Jon uniquely combines physiological, psychological and personal development techniques into accessible and highly effective strategies that leave audiences feeling motivated, confident and empowered about managing challenges in their lives.