

DR YVETTE ANKRAH MBE

Yvette is a Transformational Award winning coach, consultant, and speaker

Yvette is passionate about delivering impactful and insightful keynotes, masterclasses and workshops

Areas of Expertise

Self-care & self-compassion

Mindset & beliefs

Race, identity & belonging

Well-being in the workplace

Transiton & change

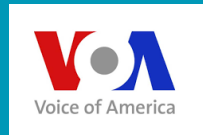
Yvette's sessions are ideal for women's groups, entrepreneurs and senior leadership.

Yvette specialises in getting people to connect with their power so they can thrive.

Yvette ANKRAH

MBE

As Seen



The Telegraph



Microsoft
for Startups



WeAreTheCity

ALLBRIGHT.



Her personal story is inspirational and shows how you can overcome stress, overwhelm and ill-ness to thrive and shine

Book Yvette for your next event.



yvette@yvetteankrah.com



yvetteankrah.com/speaking

"Gotelee Solicitors LLP host a quarterly networking lunch for women in business, one of the aims of which is to give attendees the opportunity to hear from inspirational speakers on business-related topics. We invited Yvette to be a guest speaker at our last lunch and she certainly didn't let us down. Yvette provided an informative and thought-provoking talk on the importance of self-care which was very well received, with some attendees reporting back that they have reaped almost immediate benefits from small changes they have made as a consequence of hearing her talk. We would not hesitate to invite Yvette to speak again in the future."



"I highly recommend Yvette as a speaker and consultant and am hugely grateful for the time she dedicated to our successful event"

Yvette Ankrah is an award-winning coach and speaker.

She is known for her expertise in self-care, personal development and academic work on race and belonging.

Her talk **The Art of Self-Care** has helped transform attendees.