

# Vikki Pratley

## Motivational Speaker



Hear how Vikki's 'professional and very thought provoking' accounts take listeners on her journey from thriving to barely surviving, which cost the business she was in a slice of the £42 billion lost by UK employers each year due to mental health related issues.

"I was highly challenged and loved working outside my comfort zone every day. I was intrinsically motivated and driven and I enjoyed the changes that seemed to happen daily; I was flying high! Or so I thought..."

Vikki was a founding partner and practicing employment lawyer in the first law firm to be established within an accountancy practice in the UK.

In 2017, Vikki left the legal profession and Skylark was founded from a need to heal and a desire to help others create healthy and sustainable high performing environments through their leadership techniques.

### Join Vikki on a journey

Through her engaging talks, Vikki takes audiences on her journey to burnout and beyond to inspire and educate leaders why and how to get ahead of the curve by investing in their workplace and gaining a return of more than eight times, through simple leadership techniques. Vikki explains how businesses can even go on to gain a competitive

advantage by creating environments in which mental fitness is maintained and everyone can thrive according to their capabilities and circumstances!

Drawing from tried and tested research by recognised thought leaders in their fields, Vikki shares practical lessons on how her journey could have been different and how she took steps to recover.

Coupled with Vikki's 20 years' experience being a practicing employment lawyer, Vikki draws from her insights into different company cultures and weaves in her knowledge and experience of performance management and discrimination in the workplace to demonstrate what a positive impact healthy workplaces can have; including the reduction of litigation risk and improved financial performance.

### Topics covered

- ✔ Performance management of employees
- ✔ Mental fitness and financial performance
- ✔ Mental health awareness
- ✔ Burnout and the workplace
- ✔ Creating healthy high performing workplaces
- ✔ Leadership
- ✔ Personal development

**Vikki can create a unique talk based on your audience, requirements and strategic focus.**

### Recent & upcoming talks

**Why Wellbeing in the Workplace Matters**  
East Anglia Children's Hospice / June 2019

**How to Improve Bottom Line Performance**  
Cambridgeshire Chamber of Commerce / May 2019

**Why Mental Health Matters in Business**  
Essex Women's Institute Annual County Meeting / March 2019

**How to Improve Bottom Line Performance**  
Lexus, Woodford / Feb 2019

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A fantastic speaker about mental health

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I was captivated by the extremely thought-provoking talk Vikki gave about her story



Vikki challenges leadership mindsets and encourages individuals to take control of their own situations through using their own personal vision, energy and learnable transformational skills.

Are you looking for a speaker your audience will enjoy, listen to and learn from?

**Book Vikki now:**  
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[www.skylark.life](http://www.skylark.life)