

Lema Daley is a Psychotherapist, an award winning Speaker and Co-Author of Be Seen Be Heard, Be You and has a special interest in mental health and enhancing emotional and social wellbeing. With over 30 years of experience, she brings together expertise in Children's Safeguarding and Psychotherapy to provide a unique perspective in the field of Personal, Professional and Community Development.

Lema is an agent of change. As a therapeutic facilitator Lema believes in the impact individuals can make personally and as part of their wider community.

Lema continues to work with individuals and groups in a range of settings for the purpose of providing innovative strategies for personal and collective growth, development and transformation.