

# ANNE THOMAS

Director of Employability & Business Development  
Mind in the City, Hackney and Waltham Forest

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Anne has worked in the field of mental health within local Mind networks for over twenty years and is a specialist in Mental Health and Employment.

Currently, the Director of Employability and Business Development at Mind in the City, Hackney and Waltham Forest Anne leads several initiatives that support people into employment, education and to retain work.

An experienced and qualified coach, Mental Health trainer and facilitator, Anne specialises in helping individuals and teams to develop the self-awareness and skills which combat stress and foster greater wellbeing and resilience at work.