



## CONTACT



[am@awarenesskey.co.uk](mailto:am@awarenesskey.co.uk)



07971 011939



[www.awarenesskey.co.uk](http://www.awarenesskey.co.uk)

## SOCIAL



## AREAS OF EXPERTISE

- Mental health
- EFL (Equine Facilitated Learning)
- Sports coaching
- Resilience, confidence, boundary setting and mindset
- Forest skills
- Coaching techniques for the prevention of mental health issues
- Teamwork
- Dog agility and dog training

## PRAISE

"What an incredible afternoon, the views are breathtaking, the site is awe inspiring, and Harry has such a calm and unassuming nature that she instantly puts you at ease. But who knew that horses are so perceptive to the energy and thoughts of humans!! They all instinctively knew that I was craving a huge hug when I arrived and came over to me. Such a unique and magical place." Jenni Beckwith

## HARRY MANSFIELD: MENTAL WELLNESS COACH

Mental health advocate and mental wellness coach Harry Mansfield believes everyone deserves good mental health and is offering a unique preventative model to help her clients remain mentally strong for life.

Having started her career in the high pressured hospitality industry, feeling frustrated she wasn't helping people and making an impact on lives, she went on to train as a rugby and riding coach. She has an excellent reputation for helping people to perform at their absolute best.

She continues to transform people's lives with her social enterprise The Awareness Key. Set in 10 acres of spectacular countryside in the South Downs, Harry says the venue has been compared to a South American ranch.

It is the only training facility in the UK to offer the combination of sports, animals and nature. Animals Zone: horses and dogs, Sports Zone: basketball, badminton and training circuits and Nature zone: forest skills, cooking and gardening.

The programmes for individuals, groups (schools/corporate), couples and families are run at the outdoor centre or at the client's venue.

In a traditionally reactive society to mental health, Harry is on a mission to give her clients life-long tools to navigate the challenges particularly in the face of the current pandemic as mental health is rarely out of the press.

## SOCIAL ENTERPRISE HELPING THE NATION'S MENTAL HEALTH CRISIS



[CLICK HERE TO WATCH VIDEO](#)