



Nikki Webster is a fully registered, experienced mental health nurse, ACT therapist, and she also has training in Behavioural Family Therapy and Cognitive Behavioural Therapy. Nikki has also worked in residential schools for children with autism.

Nikki has 14 years' experience working with adults and young people in the field of mental health and she was so shocked of the increase in numbers of children accessing secondary mental health services.

Nikki is passionate about the need to deliver evidence-based emotional literacy and mental health awareness to children; not only because she believes that there is a current crisis in mental health, but also to simply support children to develop effective self-care and management of their emotions.

This led Nikki to make the leap and join Jennifer as co-director to support families proactively, and to help reduce the need for those secondary services.

Nikki has a busy home life with her husband and two young children, and she very much enjoys making the most of the countryside which she lives in, camping and reading a good book help Nikki to unwind and relax.