



## A gentle way into wellbeing guided by the body's own wisdom.

### Overview

Robyn is a wellbeing practitioner, speaker and author with over three years' experience speaking publicly about safety, wellbeing and the body's innate intelligence. Her work offers a gentle, body-led alternative to fear-based and fix-it approaches to health, helping people reconnect with trust, meaning and choice.

### Core approach

- Gentle, body-led, safety-first wellbeing
- Symptoms understood as meaningful signals, not problems to fix
- Non-pathologising, non-diagnostic, respectful of individual pace
- Grounded in nervous system awareness, consent and relational safety
- Designed to complement, not replace, medical care

### W·I·L·D® Wellbeing

Robyn is the founder of W·I·L·D® Wellbeing, rooted in:

- Wonder
- Intuition
- Loving ourselves
- learning to **Dance with life**

W·I·L·D® offers a compassionate, accessible framework for restoring trust in the body and approaching wellbeing with curiosity rather than fear.

### Speaking

Robyn delivers warm, accessible talks for:

- Community groups and wellbeing events
- Mind-body-spirit shows
- Organisations seeking a more human approach to wellbeing

Her talks focus on safety, listening to the body, and reframing symptoms in a way that reduces fear and supports self-trust.



## Author

Robyn is the author of [\*\*\*Take a Walk on the W·I·L·D® Side\*\*\*](#), which weaves her personal healing journey with a kinder, more hopeful understanding of dis-ease and wellbeing.

Whether through her writing or speaking, Robyn's message is clear: we all have the potential to feel lighter, freer, and more fulfilled when we listen to our body and honour its guidance.

**You can find out more about Robyn's talks and events at  
[WILDwellbeingSpeaker.co.uk](http://WILDwellbeingSpeaker.co.uk)**

...and join her on social media for inspiration, tools, and a glimpse of life with her animal companions.



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