



ROBYN HARRIS

W·I·L·D® WELLBEING SPEAKER

EMPOWERING • COMPASSIONATE • WISDOM

PROFESSIONAL STATEMENT

Robyn Harris is the author of [*Take a Walk on the W·I·L·D® Side*](#) and the creator of [*W·I·L·D® Wellbeing*](#) — a gentle, body-led approach rooted in Wonder, Intuition, Loving ourselves and learning to Dance with life.

With over three years' experience as a public speaker, Robyn shares accessible, grounded talks shaped by her own healing journey and her work supporting others. Her approach softens fear around dis-ease and helps people reconnect with trust in their body's own wisdom.

COMPETENCIES

- Warm, human storytelling
- Creating a felt sense of safety
- Taking the fear out of symptoms
- Making complex ideas accessible and relatable
- Holding space with compassion

EXAMPLE SPEAKING TOPICS

- What if your symptoms make sense?
- Safety first: why the body needs this before anything else
- Listening instead of fixing
- The body's quiet intelligence
- A gentler way into wellbeing

GET IN TOUCH

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ABOUT ROBYN'S BOOK

Take a Walk on the W·I·L·D® Side weaves together personal story, lived experience and a body-led understanding of wellbeing. Through her own healing journey, Robyn came to see symptoms are not signs of failure or something to fear, but meaningful signals shaped by our experiences and the body's need for safety. The W·I·L·D® approach grew from this understanding. It offers a calm, compassionate way of reconnecting with the body's innate wisdom.

This work invites a shift in perspective: away from fixing and fighting, and towards listening, trust and choice. It offers a more human, hopeful relationship with health and wellbeing.

KEY AUDIENCE TAKEAWAYS

- Feeling calmer and more at ease
- A renewed sense of trust in their body
- A different way of understanding symptoms
- Simple tools for regulation and reflection
- Permission to slow down and listen

