



BEYOND
EMOTIONAL
INTELLIGENCE

EMOTIONAL (not mental) HEALTH

KEYNOTE SPEAKER

B I O G R A P H Y

Jon Bockelmann-Evans shows leaders how to use simple emotional health principles to restore dysfunctional teams and optimise their performance.

When testicular cancer ballsed up Jon's early career as a member of Wales' most successful Welsh-language heavy metal group, he rebuilt himself by becoming **a physiotherapist, a psychotherapist and a workplace mediator.**

He then helped thousands of people in both the NHS and private practice before taking his unique blend of physiology, psychology and personal development practices into the corporate world. Now with more than 1,000 keynotes under his belt, he's proud to have worked with some of the world's most recognised names, including **Nike, Dow, and EE**, all of whom booked him multiple times in the UK and internationally.

Jon's message is clear: emotional health is the foundation of successful teams. It drives collaboration, trust and team efficacy - and yet emotional health is routinely overlooked, or lumped in as part of mental health or emotional intelligence. **Through his engaging and interactive keynotes**, Jon confounds perceptions, showing leaders how to easily understand their own emotional needs and equips them with simple, practical tools to rebuild trust, restore team function and amplify productivity.

The impact is immediate. Delegates recognise their struggles in Jon's stories creating multiple lightbulb moments whilst laughing with colleagues, and leave with techniques they can use right away. The result? Less stress, more energy, stronger focus, and teams that work better together.

Bookers choose Jon because he blends professional authority with warmth, empathy, and entertainment with an easy going 'can do' attitude.

He doesn't just talk emotional health - he activates it in the room. Audiences walk out lighter, more confident, and ready to restore teams and workplaces to top-tier function which is why Jon has become a trusted voice for organisations that want immediate results, lasting positive change and all the associated benefits.

If you want a keynote speaker who will make your leaders laugh, unclench (yes!), and learn team restoring strategies that stick long after the event, **Jon Bockelmann-Evans is the speaker for you.**