

Katie Buckingham

Katie Buckingham is the Founder and Director of Altruist Enterprises; a passionate and caring provider of Resilience, Stress Management and Mental Health Awareness training to organisations and schools nationally. www.altruistuk.com | @AltruistUK

Katie has worked closely with various charities and organisations such as Young Minds, Time to Change and NAHT and is currently a member of the Autism in Girls Forum.

Katie attended the Peter Jones Enterprise Academy where she set up Altruist Enterprises in 2013. Since then, Katie has won various awards including Birmingham Mail's Young Achiever of the Year 2017, New Entrepreneurs Foundation 'Future Face of Business' and Entrepreneurial Spark's 'Most Accelerated Business'. She has also been a finalist in nine other award categories and in 2014, Katie was invited to attend the prestigious 'Women of the Year Lunch' in honour of her work raising awareness and reducing the stigma attached to mental health.

She also enjoys public speaking and recently delivered her first TEDx Talk on the importance of talking about mental health. Alongside blogging for the Huffington Post, Katie has been featured in The Guardian and Evening Standard Newspapers.

Katie was diagnosed with Autism at the age of 16.