

NIKKI PATERSON

FIRST RESPONDER | MENTAL HEALTH SPEAKER

Mental Health is a VERB

We've mistaken functioning for mental health

ABOUT NIKKI

Nikki works with leaders and professionals in high-pressure workplaces to help them take an active role in maintaining their mental health—so they can recognise when things are shifting, take action earlier and sustain high performance. With more than 24 years across state and federal policing, Nikki has spent thousands of hours responding to people experiencing mental health crises and some of the most difficult moments of their lives. That frontline experience shaped her conviction that better mental health outcomes begin long before crisis point—with greater awareness, personal agency and earlier action.

WHAT THEY SAY

"Nikki was absolutely incredible. She was relatable, knowledgeable and very kind. Her previous roles and experience made all the information more relatable."
— Mental Health First Aid participant

"Nikki facilitated a collaborative, safe and supportive environment for discussing sensitive subject matter, while also providing practical guidance... I would highly recommend Nikki as an exceptional facilitator."
— Ruby Hooper, Studio Coordinator, I2C Architects

WHAT YOUR AUDIENCE WILL TAKEAWAY

- **A new way to think about mental health**—not as a fixed state we either have or don't have, but as something we actively participate in maintaining.
- **The ability to recognise early warning signs**—including subtle changes in mental health that can be missed when we're still functioning and performing.
- **Practical, personalised strategies** - pre-planned "Actions On" to support their mental health before stress or distress makes responding harder.
- **The RESET framework**—a practical, repeatable process to check in, evaluate what's changed and take action earlier to support sustainable mental health and performance.

A UNIQUE PERSPECTIVE

Drawing on more than 24 years of frontline policing experience, Nikki brings a unique perspective to workplace mental health, challenging audiences to rethink how they recognise, manage and maintain their own mental health.

Through compelling frontline stories and her practical RESET framework, she demonstrates how mental health can shift beneath the surface of everyday performance—and why recognising those changes early matters.

Audiences leave with a fresh perspective and practical strategies to recognise their own warning signs, prepare their personal "Actions On" before they're needed, and take action earlier—because the best time to protect your mental health is before you're struggling to maintain it.

For audiences, it's an opportunity to move beyond mental health awareness and equip their people with practical tools to take a more active role in maintaining their mental health.

CONNECT

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