

DR AUDREY TANG

- BPS Chartered Psychologist since 2016
- CPD Accredited Trainer and Speaker
- FIRO-B, EJI, CPI psychometric profiler (OPP Qualified)
- ICF Coach

Qualified Teacher Status - Experience in Secondary (4 years) - Head of Department (Drama and Psychology), Primary (1 year), Further Education – Programme Manager (3 years), Higher Education (2 years)

Member of British Actor's Equity

Audrey has degrees in BSc Psychology (University College London); MSc History of Science and Medicine (Imperial College London); PgDL (College of Law); Graduate Teacher Training Programme (University of Hertfordshire); PhD (Brunel University). Her professional development includes ICF Coaching training through the NHS; NLP Practitioner; DBT Practitioner; Acceptance and Commitment Therapy Level 2.

BROADCAST AND MEDIA

Expert Comment and Articles in Local, National and International print, TV and Radio

Television

Expert Comment: BBC News, BBC South Politics, GB News (ongoing)

Host: Meet The Changemakers, Disruptive TV, 2022-current

Psychologist (and voice of FAI): Don't Diet Lose Weight, Channel 4, 2021

Host: Psych Back to Basics, Disruptive TV (Livestream), 2020

Resident Psychologist and Presenter: The Chrissy B Show, Sky, 2014-2020

Presenter: Sports Recap, Sky, 2014-2016

A trained actor, Audrey was also in 007 Spectre, Marvel's Dr Strange, The Tracey Ullman Show, Holby City and Peep Show. She has toured shows to The Edinburgh Fringe Festival and Internationally and still directs and performs in community theatre as part of her fundraising work.

Radio & Podcast

Expert comment: BBC Radio, Local Radio, National and International Podcasts inc Career Contessa, and Microsoft's "Positive Leadership Podcast"

Host: The Wellbeing Lounge, NLive Radio 2021-2022 (syndicated as “The Lounge” to The Mind Station 2022-current)

Host: Retrain Your Brain for Success 2021 – current

Host: Lifestyle MK, Secklow Sounds 2015-2017

Host: Ask Audrey, Climax Radio 2014-2015

BRAND PARTNERSHIPS

Audrey has supported the following brands with their PR Campaigns, where she writes for their press release and gives comment to TV, Radio and Press alongside a brand representative. Audrey also speaks as a panellist or expert at events hosted by the brand during the campaign.

2022

Vanquis Bank: Financial Compatibility

IHG: “Grandparents Stay Free”

Kitt: Wellbeing in a hybrid world

2021

Xero: Round table with proposals to Government on the ethics of Late Payments to small businesses

Original Cottages: The Benefits of Micro Breaks

WATG: Wellbeing by Design (collaboration on master plan projects)

Free Now and Calm: Elevating small talk to real talk

2020

One4All Gift Cards: The benefits of Gratitude

BOOKS AND WRITING

The Leader’s Guide to Resilience (2021) (Pearson & FT): Business Book of the Month, July 21; Firebird Book Award for Leadership; Highly Commended in the Business Book Awards; Number 1 CEO Today Leadership Books written by Women (International Women’s Day)

The Leader’s Guide to Mindfulness (2018): Number 5 CEO Today Leadership and Wellbeing books; Number 1 downloaded synopsis Get Abstract; Translated into Spanish

Be A Great Manager Now (2016): Business Book of the Month; Translated into Russian and Chinese.

Academic papers

Audrey also contributes and writes academic and journal papers.

TRAINING AND WORKSHOPS

Audrey is a qualified teacher (Secondary, FE and HE), a CPD accredited trainer and speaker, and ICF Coach. She designs and delivers bespoke workshops on all aspects of soft skills including:

- Time management
- Presentations and Public Speaking
- Delegation
- Networking
- Communication
- Leadership Skills
- Decision Making
- Creativity and Problem Solving
- Team building and bonding

And Wellbeing:

- Emotional and Mental Resilience
- Stress busting
- Psychological Healing
- Soft Skills Hard Results

Her team development “Tabletop Escape” has been licenced by 3 European Escape Rooms, and her Customer Service workshop (utilising professional actors) was one of the highest rated sessions at Brunel University.

Clients:

Universities include:

Brunel University, University of Bradford, University of London, Northampton University, Middlesex University - staff and students

Organisations include:

EDF, World Vision, WATG, The NHS, The British Psychological Society, Get Abstract, Pearson. Bousais Communications, Sussex Police

Audrey sometimes runs complimentary sessions for charities including BAME Wellbeing – Northamptonshire Healthcare Foundation Trust, Affinity Day Care for Seniors, and other wellbeing groups.

Leadership Coaching:

Audrey sees a limited number of private clients on request.

CONTACT AND ENQUIRIES

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