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Mental health at work and what's love got to do with it

A few years ago, I went into a deep depression and life gave me an opportunity to transform. The trials along my journey taught me how to «lose my mind» and let go of what I previously believed was my life. I changed the pictures I had in my head, changed the words I kept saying to myself, and chose to go for the unknown! Every day for almost 3 years in a vast variety of situations, I asked myself and others: “*what is love in this situation?*” That’s how I gradually learned to overcome tremendous mental pain and start to visualize, emotionalize and realize my deepest desires. As a coach for other people through the past 18 years, with a higher university degree and more than 6000 coaching sessions as a professional coach, I took my own medicine! Now I can share and create from a new place and give back the elixir that I found. I will contribute by sharing my perspectives on mental health and what love has to do with it, through the eyes of an academic with almost 20 years’ experience in the field of leadership development, living real life with tough experiences. Working with top management leaders daily, I have found strong needs among clients to understand the connections between mental health at work and how we treat each other. That’s why I have been recreating the concept of finding love at work and how we can utilize and benefit from our relationship capital.

Biography

Torill Landgraff Bratlie has an advanced master’s Degree in education (Cand.Paed.) from University of Oslo, Norway. Her field is adult learning psychology in organizations and organizational culture development. She has later studied practical neuro scientific tools and hypnosis techniques, voice dialogue method, non-violent communication, yoga teaching, Buddhism and Tibetan meditation, all at private schools in Scandinavia. She has extensive experience within the field of organizational culture development and leadership development from her clients. She has worked for global companies like Coca-Cola, Tomra, BDO, Subsea7, and for national organizations at all sizes in both private and public sector in Norway.

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