

Executive Profile – Dawn Mitchell

Trained in: Emergency First Aid at Work
 Paediatric First Aid



Dawn is a national trainer, consultant and founder of We Do Wellbeing, a company focused on supporting more people to become happier and healthier.

After completing her degree in Exercise and Health Science at the University of Salford Dawn worked as an exercise professional and specialised in Cardiac Rehabilitation, working with people after they had experienced a cardiac event such as a heart attack or heart surgery. During this time she also became a lead trainer for HeartStart UK and rolled out their emergency first aid training across the City of Salford. During her career Dawn has also worked as an Active Lifestyles Manager and has experience of working on many Public Health programmes including Weight Management, NHS Health Checks and Postural Stability.

Dawns passion is for helping people bring together and improve their mental and physical health and emotional wellbeing. She does this through working as a consultant and advisor for national organisations including StreetGames UK, the Royal Society for Public Health and Mental Health First Aid England. Dawn also has a wealth of experience delivering training to a wide range of clients from a diverse range of sectors including education, third sector and corporate. If you attend a training session with Dawn you will be welcomed into an engaging and thought provoking environment, always with a bit of fun for good measure!

Delegate comments;

“The best First Aid Training I’ve ever been on!”

“It was fun and interactive, the day went so quickly and I learnt lots of new tips.”

“The trainers made the session really interesting and we got plenty of time to practice the practical parts of the course.”

“Thank you for a great course, even though I’ve done this training a number of times this was by far the best.”