



Jennifer Walmsley

Workplace Whole-health & Wellbeing Ambassador

Dr Jennifer Walmsley is an experienced NHS GP, UKIHCA-registered Health Coach and certified Lifestyle Medicine doctor with the British Society of Lifestyle Medicine. She advocates for a whole-person approach to workplace wellbeing and for preventative, person-centred strategies that optimise health, enhance vitality and support sustainable performance and human flourishing.

Through years of clinical practice, she has witnessed the far-reaching impact of lifestyle-related illness and workplace stress on long-term health. This experience, combined with an evidence-informed understanding of behaviour change and the wider determinants of health, has shaped her focus on upstream approaches that create the conditions in which people can thrive - both internally and within the environments that surround them.

She emphasises the importance of whole-person and whole-health thinking, integrating mental, physical and emotional wellbeing with the physiological foundations that sustain energy and resilience, alongside the wider determinants that influence health outcomes. For working-age adults, the workplace is uniquely placed to act as a significant positive determinant of health, capable of influencing behaviours, shaping culture and strengthening the foundations for long-term human health and organisational sustainability.

As a UKIHCA Ambassador for Workplace Whole Health and Wellbeing, Jennifer champions health coaching as a strategic and evidence-informed approach. Grounded in behavioural science and supported by research demonstrating improvements in health behaviours and self-efficacy, health coaching provides a structured and confidential space in which individuals can clarify priorities, explore challenges and strengthen their capacity for change.

Beyond individual impact, she recognises that strengthening health and vitality generates wider organisational benefit. By improving health literacy and normalising constructive conversations about health and wellbeing, workplaces can build cultures that protect and promote long-term health, reinforce resilience and sustain performance.