UK & INTERNATIONAL
HEALTH COACHING ASSOCIATION



Tobey Hill

Workplace Whole-health & Wellbeing Ambassador

Tobey Hill is an Executive Wellness Coach, Corporate Governance Fellow and former finance executive with over 25 years of leadership experience across global financial institutions, entrepreneurial ventures and cross-sector governance.

A qualified lawyer and CPA, she spent two decades as a senior executive and board advisor running global tax teams across three continents, bringing a rare combination of commercial acumen, behaviour change expertise and boardroom credibility to her work in workplace wellbeing.

Alongside her coaching practice, Tobey is Faculty for the Financial Times Board Director Programme, where she develops and delivers modules on board behaviour, governance strategy and ESG. She is a Board Certified Health & Wellness Coach (NBC-HWC), a Functional Medicine Certified Health Coach and a Registered Health Coach with UKIHCA.

As a UKIHCA Workplace Whole Health & Wellbeing Ambassador, Tobey champions the role of whole-person health and wellbeing coaching in building resilience, engagement and sustainable performance, drawing on her own journey from high-pressure corporate leadership to purpose-led coaching to help organisations rethink what genuinely supports their people.

Tobey is Founder of Be Limitless Wellness, where she designs and delivers individualised coaching programmes integrating behaviour change science, stress resilience and longevity for individuals. As part of this work, she served as Health Coach & Advisor to Chi Longevity, Singapore's first multi-disciplinary, evidence-based longevity clinic.

She is also co-founder of Hill Edwards Performance Coaching, a coaching and behaviour-change consultancy focused on the overall wellbeing and performance of individuals in the workplace through a company culture approach, helping organisations turn stated values into everyday behaviour through engaging, high-impact coaching and workshops.