

Associate Profile

Chris Field



Professional, compassionate, and engaging, Chris Field provides training, guidance and mental wellbeing services to individuals and organisations across the UK. His insight and humanity offer calm clarity in today's high-pressure world with a particular focus on resilience in the workplace.

Chris brings a rare blend of emotional intelligence, ethical clarity, and real-world experience to his work as a trainer and workplace support provider. He works with individuals and businesses across the Cooper and Lansbury portfolio, offering a space to be heard, understood, and supported without judgement.

Chris's services go far beyond conversation. He operates with complete discretion, providing a quiet yet impactful presence in corporate spaces where trust, resilience, and clarity are essential. Whether supporting an overwhelmed executive, facilitating workplace harmony, or helping teams build psychological safety, his approach is grounded in lived care, not just theory.



Support services include:

- Corporate and workplace wellbeing
- One-to-one crisis support
- Group Resilience Training
- Ethical decision-making and leadership coaching
- Presentation coaching and public speaking confidence

Chris also brings extensive experience from The Health & Hospitality sector, NHS Pastoral Volunteering, Armed Forces Network Support, and grief counselling. This depth of background means he understands pressure from all angles: professional, personal, and emotional.

His work is not about solving everything. It is about being present, listening fully, and helping others see their way forward. For leaders, teams, and individuals, Chris provides calm guidance exactly when it is needed most.