

Natasha Iregbu
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ABOUT

Natasha Iregbu is a wellbeing speaker and creative educator passionate about making mindfulness and emotional wellbeing accessible to underrepresented communities. She delivers talks and workshops for charities, wellness businesses, and cultural organisations, focusing on inclusive wellbeing, mindful parenting, and emotional literacy.

Through a blend of lived experience, creativity, and practical tools, Natasha creates reflective spaces where people feel seen, supported, and empowered to reduce stress and build connection.

SIGNATURE TALKS & WORKSHOPS

Wellbeing Support for Parents of Neurodivergent Children

A compassionate session focused on the mental health and wellbeing of parents and caregivers. Learn simple wellbeing practices to manage stress and create a calmer family life.

Creating a Racially Inclusive Wellness Business

Empowering yoga and mindfulness professionals with the tools and awareness to increase diversity and inclusion in their practices.

Social-Emotional Literacy Through Creative Learning Activities

Highlighting interactive and engaging activities to develop children's emotional intelligence.

Mental Wellbeing: Bringing Mindfulness Into Daily Life

Simple, practical mindfulness techniques to reduce stress and support long-term wellbeing.

PAST SPEAKING ENGAGEMENTS

- Be United - Everyday Mindfulness for Creatives
- National Museum of Scotland - Introduction to Mindfulness
- The Joy Movement - Creating a Racially Inclusive Wellness Business
- UK Reads - Homegrown readers and writers: Crafting a literacy rich environment for your children

AUDIENCES SERVED

Educators | Entrepreneurs | Charities | Parents | Businesses