



Dr. Heather Fulton

Psychologist | Speaker | Writer



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Dr. Heather Fulton is a passionate advocate for bridging the gap between cutting-edge evidence and the practicalities of everyday life. As a highly sought-after speaker, she has captivated audiences from Fortune 500 companies to healthcare organizations, non-profits, and grassroots volunteer groups. Each workshop is customized to meet your audience's unique needs, aligning with their learning objectives and workplace realities. With Dr. Fulton, expect dynamic presentations that empower and transform, leaving a lasting impact.

SIGNATURE SPEAKING TOPICS

- Improving Your Mental Health During Challenging Times
- Evidence-based Psychosocial Approaches for Concurrent Disorders
- Cognitive Behavioral Therapy for Substance Use Disorders
- Motivational Interviewing

WHAT PEOPLE SAY

- "Awesome webinar"
- "The perfect motivational speaker"
- "Calm, sensible approach to a difficult topic"
- "Amazing presentation, kept attention the entire time which is hard for a webinar"
- "Incredibly helpful with resourcing and optimism"

AS SEEN IN



THE STAR
VANCOUVER



metro
metronews.ca



Canadian
Living



the eagle
92.3
the island's best music mix

CBC news

The Province

PSYNOPTIS



IN RECENT TRAININGS:

- **93%** of participants reported the event helped them do their job better
- **95%** of participants would recommend Dr. Fulton for future talks