

Kayleigh Larne is an experienced applied psychologist, trainer, and organisational wellbeing strategist with over 15 years' experience across clinical, educational, and high-performance environments. Her work bridges psychology, sport, and education, with a core focus on developing confident, resilient, and well-supported young people.

Kayleigh's career began in NHS child and family services, delivering therapeutic support, complex assessments, and contributing to international research on child development and mental health. She later became Head of Mental Health within a local authority, where she led a pioneering whole-school mental-health strategy and oversaw targeted wellbeing provision from Key Stage 2 to post-16.

She now works nationally and internationally to strengthen mental health, wellbeing, and inclusion across schools, organisations, youth development systems, and high-performance sporting environments. Her work focuses on building psychologically safe cultures where young people can grow with confidence, build resilience, and reach their full potential.

Kayleigh is a leading contributor to evidence-informed programmes, resources, and strategic initiatives that support professionals to embed strong, relational, and inclusive practice. She delivers training, consultation, and leadership development across sectors, creating approaches that are grounded in science but accessible in practice.

Her specialisms include:

- Psychology in youth sport and athlete development
- Motivation, resilience, and identity in young people
- Mental health, neurodiversity-affirming and trauma-sensitive practice
- Coaching behaviour, communication, and psychological safety
- Leadership, culture change, and high-performance environments

Kayleigh's work sits at the intersection of psychology, wellbeing, and systems change. Her passion lies in using psychological science to create environments where children and young people feel valued, supported, and equipped to thrive, both on and off the pitch.