

Sarah Palmer

Strategy Lead



Having moved to Selsey in 2021 with my husband and 5yr old daughter and completely fallen in love with the community and the Selsey Community Forum, I started volunteering at the local church providing counselling services which has lead me to develop a true passion for the amazing work the charity offers.

Throughout my career I have worked for some of the Largest Global IT corporations working within HR, Sales, Global Account Management & Cyber security. I work to build long lasting strategic partnerships and alliances. I have worked in many areas from Education to Life Science & Public Sector and within the NHS delivering multi million pound contracts. I am also a qualified Mental Health first aider and HATHA Yoga Teacher and am partway though studying towards a degree in psychotherapeutic counselling.

I'm passionate about "LIFE" Mental health and all that the world has to offer and strongly believe the "energy of the mind is the essence of life". Helping people live a happier healthier life is my ultimate mission in life.