

Claire Eaton

Professional Biography

Claire Eaton is a national speaker, youth coach and author of two books for teens, Hello High School and ROC and Rise.

Claire began her career as a teacher and deputy principal where she worked for over 20 years in a range of WA's city, country and remote primary and district high schools, which quickly lead to her deep interest in prevention-focused social, mental and emotional health for young people, families and adults.

Her love of life-long education and wellbeing became a spring board for her work as a tutor at Edith Cowan University and her role mentoring emerging teachers.

In 2007 Claire left education to share her messages as speaker and open her own youth coaching practice in Perth which is still successfully supporting teenagers and families today.

Since 2007 Claire has been privileged to work with people of all ages and present her wellbeing ethos to diverse community, school and corporate audiences in Australia.

Claire is well known for her practical and prevention focussed approach to wellbeing and is sought after for the real and heartfelt way she connects with people she meets.

Now, Claire draws on her rich experience to share prevention-focused wellbeing messages and strategies with audiences of all ages at seminars, conferences and community events, coach adolescents, write books, and speak in schools.

Claire lives in Perth with her husband Justin, and their young adult son Caiden, and their loyal cocker spaniel Harry, but you'll find her where ever her work takes her in Australia.