

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 classroom teacher and deputy principal where she worked for 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.

Her love of 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 open her own youth coaching practice in Perth which is still successfully supporting teens today. Since 2007 Claire has been privileged to work with hundreds of families and teenagers and present to thousands of teenagers in years 6-12.

Claire is well known for her practical and prevention focussed approach to teen wellbeing and is sought after for the real and relevant way she works with young people and parents.

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

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