



Winner// NATALIE DEGG, EXPERIAN

This award recognises an individual at any level across the organisation who has shown exceptional commitment and support for mental health and wellbeing in the workplace.

As Global Internal Audit Manager at Experian, Natalie Degg is more than a leader – she’s a driving force for cultural transformation around mental health and wellbeing. A trained Mental Health First Aider (MHFA), Natalie has built a reputation as a passionate advocate and a catalyst for systemic change. Supporting over 350 MHFAs worldwide, she has strengthened a global network of peer supporters, empowering them with the confidence, structure, and resources to make real, immediate impact across Experian’s global workforce.

Leading with Empathy and Action

Natalie’s influence spans far beyond her role. She has been instrumental in developing Experian’s Crisis Support Team, a pioneering initiative ensuring that employees in distress can access immediate, confidential help and professional signposting. This



By analysing wellbeing trends and feedback, Natalie identifies emerging mental health challenges.

framework has provided a vital safety net for colleagues during their most vulnerable moments—and is now set to expand globally.

Her proactive approach combines data-driven insight with deep empathy. By analysing wellbeing trends and feedback, Natalie identifies emerging mental health challenges and responds with precision—ensuring support reaches those who need it most. She has also co-led Experian’s Domestic Abuse Awareness Initiative, advocating for survivors, educating colleagues on warning signs, and helping the company join the Employers’ Initiative on Domestic



Natalie Degg, Global Internal Audit Manager

Abuse (EIDA), further cementing Experian’s commitment to safety and care.

Inspiring Change Within and Beyond

Natalie’s leadership extends beyond her organisation. Collaborating with MHFA England, she has shared her expertise and personal insight through filmed content and panel discussions that have reached thousands of professionals across sectors. Her voice has helped shape national conversations about the realities of mental health at work.

Recognised as the 2024 Most Inspiring Mental Wellbeing Champion, Ally or First Aider at the This Can Happen Global Awards, Natalie continues to embody what authentic advocacy looks like: compassion turned into action, awareness transformed into impact. ■

Judges’ comments

- + Authenticity, collaboration, and a strong drive to support others”.
- + Strong proactive approach and ability to translate insight into meaningful action.

HIGHLY COMMENDED

→ Crystal Stewart, Stalwart Solicitors

SHORTLISTED

- Ailise Boyle, A&O Shearman
- Crystal Stewart, Stalwart Solicitors
- Jennifer Elworthy