

# TV psychologist Emma Kenny to renew partnership with Everest

Submitted by: Everest Home Improvements

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Everest has announced its continued partnership with popular TV psychologist Emma Kenny.

Emma has helped thousands of people through her work as a psychological therapist over the last 20 years, and still sees patients at her clinic in Manchester. In fact, it was through her work that she met her husband, Pete, who contacted her after a relationship breakdown. Emma and Pete have now been married for five years and live with Emma's teenage sons.

Emma is a regular guest on TV and radio programmes, including This Morning and Inside Out, and she writes a weekly column for Closer magazine. Her popular YouTube channel sees Emma share advice on areas such as self-help, mindfulness and parenting. She is currently developing a social network, [www.sochal.com](http://www.sochal.com), which is due to launch in 2018, inspiring people to live a healthier and happier life.

Emma started working with Everest last year. Her main focus has been to help Everest's customers understand and achieve hygge – the Danish concept of comfort and wellbeing. Emma has been sharing top tips to encourage customers to make their homes safer, warmer and more comfortable. She was interviewed by Phillip Schofield, Holly Willoughby and Alison Hammond about hygge and happiness (<https://www.everest.co.uk/blog/hygge-and-happiness-in-the-home/>) at This Morning Live last year, which Everest sponsored.

Emma was also involved in Everest's recent research project focusing on home security, which surveyed 1,000 people across the UK, half of whom had been the victims of a break-in. As Emma explained during a series of radio interviews, burglary can leave homeowners feeling anxious and violated, but small actions such as locking windows and doors, and joining a Neighbourhood Watch Scheme can help boost security and, in turn, improve wellbeing.

This year, Emma will be continuing to offer advice on happiness and hygge, and she'll be giving pointers on easy actions that people can take to increase the sense of balance in their lives and homes. Emma will be representing Everest through radio interviews and public talks, including at a special event for members of the W.I.

Everest's Marketing Director, Martin Troughton, says, "Everest has been helping people to stay safe and warm in their homes for more than 50 years. We're delighted to be partnering with Emma Kenny again this year. Emma shares our belief that safe, comfortable homes are so important for people's overall wellbeing. She will be encouraging our customers to embrace the concept of hygge, and helping us communicate about the four tiers of home hygge – warmth, security, aesthetics and environment."

Emma Kenny says, "Everest is a company I am proud to be involved with. At the core of their brand is an ethos of care for their customers, a commitment to delivering the best possible security and safety for British homeowners. This commitment doesn't simply extend to their products; it is at the centre of their brand philosophy and is why I am privileged to be working in partnership with them."

Ends

Notes to editors:

About Everest:

Everest (<https://www.everest.co.uk>) has been at the forefront of innovation in the home improvement industry for over 50 years, offering an impressive range of high quality windows and doors in UPVC, aluminium and timber, as well as conservatories, orangeries and other home improvement products. With factories in Wales and South-East England, each Everest window is custom made and fitted to the exact millimetre. Its products are continuously tested to the latest security standards as well as a number of bespoke tests demonstrating thermal efficiency, strength and more, ensuring that the homes of Everest customers are some of the warmest, safest and most secure in the country.

[www.everest.co.uk](http://www.everest.co.uk)

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