

**THRIVING THROUGH TRANSITION webinar series,  
Speaker biographies.**



**David Brown - BOUNDARIES - HOW TO CREATE, SET AND STICK TO THEM**

David is an ICT ACC accredited coach and 4th dan black belt in karate, aikido and Japanese sword. He uses awareness of the body and the mind-body connection to empower people to greater confidence, presence and authenticity. David is also a Samaritans volunteer and trainer, facilitating deeper listening and relational skills. Together, these enable people to show up in their personal and professional relationships with more vitality and personal power.

**Kemi Omijeh - PARENTING SUPPORTING CHILDREN AND TEENS WITH ANXIETY**

Kemi is a BACP registered Therapist. She has been working with children and families her entire career and specifically as a Therapist for over a decade. Kemi works predominantly with schools and in the private sector. She is also an experienced Mental Health Trainer, delivering workshops and training on a range of mental health topics. She is passionate about normalising talking about mental health and promoting ways to improve mental health because she believes there is no health without good mental health. Kemi offers practical and tangible strategies that you can take home with you and implement straight away. The knowledge she shares has to be applicable and usable in your life. With children and young people, her particular skill set is engaging them in a creative way, building resilience and nurturing confidence.

**Rochelle McLaughlin - LIVING WITH UNCERTAINTY**

Rochelle is certified to teach Mindfulness-Based Stress Reduction (MBSR) from the University of Massachusetts Medical School's Center for Mindfulness. She has completed advanced studies in Humanistic Psychology and is a certified yoga instructor. She has taught MBSR and neuro-social-psychophysiological perspectives and practices to several hundred participants through SJSU and internationally and she regularly leads retreats on integrating mindfulness into healthcare, human services, and corporate wellness programs, for people experiencing a broad range of physical, mental, emotional, and spiritual challenges. Rochelle has personally and professionally experienced and witnessed the integration of mindfulness meditation practice as an extraordinary healing balm for the heart, body, mind, and soul as well as a practice of transforming relationships to self and others. She has woven mindfulness into settings such as mental and physical challenges and disabilities, pediatric care and conscious parenting, cancer care, grief and loss, equine-assisted modalities, chronic pain, as well as social and ecological justice work.

**Anna Lyons - GETTING TO KNOW GRIEF**

Anna Lyons is an end-of-life doula and writer. She supports people who are living with life-limiting illness, their family and friends and those who are grieving. She is a co-founder and director of [www.lifedeathwhatever.com](http://www.lifedeathwhatever.com) – a project that aims to help open up and redesign the dialogue around end of life, death and grief.

**Lucy Faulks-Barnard - MAXIMISE YOUR POTENTIAL - DISCOVERING VALUES, MEANING AND FULFILMENT**

Lucy Faulks-Barnard is an ICF accredited coach who studied positive psychology on Dr Martin Seligman's University of Pennsylvania Resilience programme. Lucy is the founder of [technotox.com](http://technotox.com) and an author for Everyday Mindfulness and Mindspace. She has also taught the Action for Happiness course Exploring What Matters. Lucy is one of the founders of Elevate and has been leading our resilience, mindfulness and positive psychology courses for many companies across the UK and Europe.

## **Ruth Tongue - LIFESTYLE FACTORS FOR REDUCING RISK OF HIGH BLOOD PRESSURE AND HEART DISEASE**

Ruth Tongue is one of the founders of Elevate and an MSc qualified nutritionist and sports scientist. She has over 15 years's experience of working in the health and fitness industry and has written for many of the UK's leading health publications as well as regularly appearing on the BBC and ITV as a nutrition specialist. Ruth specialises in health behaviour change as well as consulting for many health start ups, food companies and sports teams.

## **Eleanor Burt - PERFECT YOUR POSTURE AT HOME**

Eleanor Burt aka 'Posture Ellie' is a Postural Alignment Therapist trained in The Egoscue Method. She works with her clients to improve their posture and restore a greater range of movement through each joint in the body. This is done through gentle corrective exercises which pull the body back into its natural alignment and reduce symptoms of wear and tear in the joints, not about telling people to 'sit up straight'!

## **Shahroo Izadi - BREAKING THE CYCLE - DITCH UNWANTED BEHAVIOURS WITH THE KINDNESS METHOD**

Shahroo is a Behavioural Change Specialist in private practice, as well as an experienced speaker, coach, workshop facilitator and bestselling author. Her approach is influenced by the experience she gained working in various roles across the addiction treatment field in clinical, community and prison settings. During this time, Shahroo developed a knowledge of how to illicit self-led change and motivation to it, both personally and professionally. Amongst her various roles, Shahroo is a relapse management coach and group facilitator at Amy's Place, a recovery house for women in recovery from substance misuse set up by The Amy Winehouse Foundation. She has delivered personal development workshops at The School of Life and been invited on to the faculty; provided training and consultancy services to the UK's leading health and social care organisations and worked alongside Westminster MIND, training Wellbeing Coaches who use their own experience of mental health recovery to support others in their communities. In 2019 she travelled to Samos, Greece, to train staff based at local NGOs on coping strategies and simple tools to avoid burnout whilst working to support an overflowing refugee camp.

Shahroo was one of Red Magazine's 'Smart Women' of 2018, recently selected for Marie Claire's 2019 verified Power List and named Thought Leader of the Year at the House of Lords by the Baton Awards in November 2019. Her second book, The Last Diet, builds on The Kindness Method successful framework and focuses on changing eating habits and developing positive body image and compassionate self-talk. It was released in the UK in December 2019 and will be published the USA in April 2020.

## **Don Shenker - ALCOHOL AWARENESS**

Don Shenker is the Founder and Director of Alcohol Health Network, a social enterprise specialising in alcohol and workplace health and wellbeing. Don has worked in the alcohol harm reduction sector for 25 years, working as a counsellor, Policy Director and then Director at Alcohol Concern before setting up Alcohol Health Network in 2012 to bring alcohol harm reduction strategies to Occupational Health. Alcohol Health Network works with Public Health teams as well as some of the largest companies in the UK to promote Alcohol Awareness.