



WellFest 2026 'Elevate your Wellbeing – Time to focus on 'YOU''

Within the Virtual Festival you can access instant information via the links and attend a number of Talk Groups and interactive sessions with various key guest speakers.

To secure a place please click on the **RED** Webinar Link and complete the details.

**'Thank you and enjoy the Festival brought to you by the Wellbeing Team
'Working together to improve wellbeing'.**

Sponsored by: Blue Light Outdoors who provide outdoor-based activities and initiatives for the blue light community and their families, with a focus on wellbeing through shared outdoor experiences. <https://bluelightoutdoors.co.uk> and **Carl Mumford ADHD coaching and training** <https://carladhd.com>



Date and Details

Mon 5th October

09:30-10:30 The DOSE Experience

Tj Powers

Tj Power is the lead neuroscientist at the DOSE Lab and the Number 1 Sunday Times Bestselling author of The DOSE Effect.

He created the DOSE® framework (Dopamine, Oxytocin, Serotonin, Endorphins), and his research lab investigates how our modern, sedentary, digital lifestyles are shaping our biochemistry.

Through sharing DOSE online, Tj has built a community of over 1 million followers and over the past three years, has delivered 550+ live experiences at institutions like Oxford University, Amazon, and the NHS, training over 75,000 people.

He is a globally respected neuroscience educator and the go-to authority for unlocking human potential in the digital age.



jen@thedoselab.com

DOSE® Experience

This session will provide a 60-minute virtual experience introducing the four key brain chemicals (dopamine, oxytocin, serotonin, and endorphins) and how they shape motivation, relationships, mood and resilience.

The session is engaging, visual, and science-backed, helping participants understand how to manage their wellbeing in today's fast-paced, phone-driven world.

[To register for this incredible session please click HERE](#)



Date and Details

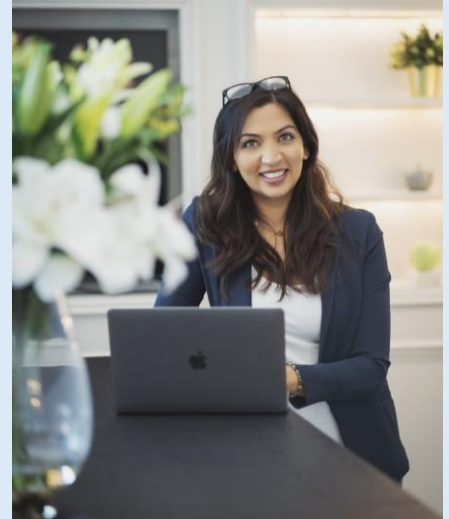
Mon 5th October

12:30-14:00 Protecting Yourself from Secondary Trauma in Blue Light Services

Dr Ravi Gill

Dr Ravi Gill is a Chartered Health Psychologist with over 15 years' experience working across mental health services and occupational health settings. She specialises in psychological trauma, resilience, and the wellbeing of police officers and staff exposed to high-risk and traumatic material.

As Clinical Lead for the Metropolitan Police Service's Psychological Monitoring Programme, Ravi has played a key role in developing and delivering psychological screening and support pathways for specialist units, including online child abuse investigators, family liaison officers, disaster victim identification teams, and counter-terrorism personnel. The programme has supported over 11,000 officers and staff since its introduction.



Ravi was recently awarded the Associate Fellow of the British Psychological Society in recognition of her contribution to psychology in practice. She is a regular speaker, trainer, and media contributor on trauma, secondary traumatic stress, wellbeing, and psychological resilience within policing and other high-risk professions.

She is passionate about translating psychological research into practical strategies that help officers remain healthy, effective, and operationally resilient throughout their careers

Workshop Overview

Those working in blue light services are often exposed to distress, crisis, trauma, and high emotional demand as part of their everyday role. Even when trauma is not experienced directly, repeated exposure to others' pain, suffering, risk, and critical incidents can have a cumulative psychological impact.

This 90-minute online workshop offers an accessible and psychologically informed introduction to **secondary trauma** within blue light settings. It is designed to help attendees better understand the signs and impact of secondary trauma, recognise when stress may be becoming harmful, and develop practical ways to protect their own wellbeing while continuing to work in demanding roles.

The session combines psychoeducation, reflection, and practical tools that attendees can begin using immediately.

Workshop Aims

To increase understanding of secondary trauma and related concepts within blue light roles, help attendees identify early signs of emotional overload, cumulative stress, and trauma exposure, normalise the psychological impact of working in high-risk, high-demand environments, support attendees to reflect on their own wellbeing, coping patterns, and warning signs and provide practical strategies for emotional regulation, boundaries, decompression, and ongoing self-care and encourage a culture where wellbeing is viewed as an essential part of sustainable service.

[To register for this incredible session please click HERE](#)


**DORSET
POLICE**

Date and Details

Mon 5th October

14:30-15:30 Trailblazing Excellence: The Impact and Legacy of Britain's First Black Professional Ballerina

Julie Felix MBE

Julie Felix MBE is an internationally respected dancer, master ballet teacher, educator, lecturer and speaker, recognised as Britain's first professional black ballerina.

After graduating from the Rambert Ballet School, she joined the Dance Theatre of Harlem in New York, touring the world and performing at many of the world's leading theatres.

Career highlights include dancing with Rudolf Nureyev and performing at the Closing Ceremony of the 1984 Los Angeles Olympic Games.



Returning to the UK, Julie became Company Teacher and Remedial Coach with Sadler's Wells Royal Ballet, later Birmingham Royal Ballet, and has taught for Matthew Bourne's company, Wayne McGregor Company, Rambert School and English National Ballet School.

Awarded an MBE in 2024 for Services to Dance Education, Julie is an Honorary Fellow of Falmouth University, Patron of GradPro and Trustee of Endelienta Arts. She has also appeared on television and radio, most recently on BBC's The Repair Shop. Julie is a sought-after keynote speaker, lecturer and mentor who continues to inspire audiences through her commitment to dance, education and community engagement.

Renowned internationally as a ballet teacher and pioneer of the performing arts, Julie transformed the world of classical ballet through her exceptional poise, grace, and elegance.

Britain's first professional black ballerina, Julie challenged longstanding barriers within an industry where diversity was rarely represented, opening doors for future generations of dancers from all backgrounds. Her artistry, determination, and commitment to excellence not only earned global recognition but also established a lasting legacy as an educator, mentor, and role model.

Through her achievements, she demonstrated that talent, perseverance, and passion can transcend prejudice, leaving an enduring impact on the world of dance and inspiring countless aspiring performers to pursue their dreams.

[To register for this incredible session please click HERE](#)



Date and Details

Tues 6th October

10:00-11:00 Optimising your menstrual cycle for natural fertility & IVF preparation

Lucy Bowtell

Anything in relation to fertility can feel utterly overwhelming and tap into our greatest fears of wanting to find the 'right' things and make sure we are 'doing enough'.

In this talk, Lucy Bowtell, a therapist who for 15 years specialised exclusively in women's health and fertility discusses her top tips for using hidden clues within your menstrual cycle to create an approachable, supportive fertility plan.

lucy@lucybowtell.co.uk

[To register for this incredible session please click HERE](#)



12:30-14:00 The Healing Power of Sleep

Dr Caitlin Chasser

Dr Caitlin Chasser is an NHS GP and Senior Sleep Consultant at The Sleep Project, with 20+ years' clinical experience and specialist expertise in sleep medicine, women's health and CBT-I (Cognitive Behavioural Therapy for Insomnia).

She co-founded The Sleep Project and delivers evidence-based sleep programmes for individuals, organisations and elite performers internationally. Dr Chasser is also an Adjunct Professor at IE International Business School, speaking on the role of sleep in sustainable performance, wellbeing and leadership.

For emergency responders, quality sleep is essential for recovery, resilience and performance. This practical, evidence-based session explores how sleep impacts energy, focus, decision-making and wellbeing, with realistic strategies to improve sleep and manage fatigue in demanding roles.

[To register for this incredible session please click HERE](#)



[The Sleep Project](#)

15:00-16:00 Money Management Masterclass to include our debt awareness training to help support colleagues, friends and family.

Justine Piercy

Justine is Head of Training and has over 25 years experience within the banking and finance sector and is now passionate about sharing her knowledge and experience to empower healthier relationships with money and mental health. Justine is a certified mental health first aider and heads up all FinWELL Training delivery as-well as our FinWELL Champion & Instructor network globally.

A great way to finally get to grips with your money. This includes learning how to budget, building emergency funds to boost financial resilience, savvy spending habits and getting to grips with managing your credit and debt. Attendees can get involved, share best practices and ask questions during the session.

[To register for this incredible session please click HERE](#)



www.finwell.TRAINING



Date and Details

Weds 7th October

09:30-10:30 Kindness in a Divided World: Connection, Wellbeing and the Difference We Can Make

Jaime Thurston BEM

Founder and CEO of 52 Lives and the School of Kindness

Jaime is originally from Australia. She began her career as a journalist, before moving to the UK, where she worked for a Member of the European Parliament, a wildlife charity and an organisation that supported families of prisoners.

Jaime is the author of '*Kindness - the little thing that matters most*' and '*The Kindness Journal*.' She founded the 52 Lives charity in 2013 and launched the School of Kindness in 2016. She also co-runs Life 101, a small character education company in Berkshire.



52 Lives



Jaime was named in the King's Birthday Honours List for services to charity. She was also awarded Clarins Woman of the Year 2016 and received a Points of Light Award from the UK Prime Minister and a Richmond Community Award for her work.

She was named in *The Independent's* Happy 50 List, an alternative Rich List that celebrates people who make life better for others.

Jaime lives in Berkshire with her husband, Greig, and her three children.

In a world that can often feel divided, kindness has the power to bring people together, improve our wellbeing, and remind us of our shared humanity. Join charity founder Jaime Thurston for an inspiring conversation about the extraordinary impact of ordinary people.

Drawing on real stories from the 52 Lives charity, Jaime will share how acts of kindness from strangers have transformed lives, what science tells us about the link between kindness and wellbeing, and why empathy and human connection are more important than ever.

This is a podcast-style Q&A session that aims to fill you with hope and inspiration about the difference we can all make.

[To register for this incredible session please click HERE](#)


**DORSET
POLICE**

Date and Details

Weds 7th October

12:30-13:30 Controlling the Controllables: Navigating Ocean Rowing and Elite Sport to the 'Oncology Ward'

Liz Mayon-White

A personal journey from academic struggles to rowing the Atlantic; from postnatal depression to competing for Team GB; and from a cancer diagnosis to ultramarathons. Liz shares honest reflections and practical lessons on resilience, mindset and focusing on what truly matters when life feels uncertain.

Liz Mayon-White is an adventurer, endurance athlete, and motivational speaker whose life reflects resilience, adaptability and an unwavering determination to keep moving forward.

From qualifying as one of the youngest Yachtmaster Instructors, leading sailing expeditions around the UK and completing a solo voyage to Greece, Liz built her foundations in some of the most demanding environments.

In 2005, she took on the Atlantic Rowing Race, enduring hurricanes, tropical storms, injuries, capsizes, and equipment failure before reaching the Caribbean. In doing so, she became the 19th woman ever to row an ocean and the first woman in history to row into Antigua.

Never one to stand still, Liz went on to pursue her passion for endurance sport, alongside a full-time career and the challenges of motherhood. She qualified to represent Team GB in Triathlon, competing internationally in Olympic and Ironman distance events from 2018 to 2022.

In 2022, while competing at the World Championships in Abu Dhabi, Liz discovered a lump that would lead to a diagnosis of throat cancer just a few weeks later. She underwent an intensive seven-week course of pioneering proton beam therapy, at the famous Christie Hospital in 2023.

Although now in remission, she continues to live with the long-term side effects of the harsh treatment. Yet true to form, she has returned to pushing her limits, completing a 100km ultramarathon in 2025 and setting her sights on more in the future.

Drawing on her extraordinary experiences, from ocean rowing to elite sport and cancer recovery, Liz shares powerful insights on mindset, resilience and controlling what we can do in the face of uncertainty.

Her story is a testament to the belief that transformation begins the moment you decide your story isn't over yet.



LinkedIn: [\(20\) Liz Mayon-White | LinkedIn](#)

Book: [Advance Sign-Up for Liz Mayon-White's Book – Fill in form](#)
(Publish Date – TBC Autumn 2026)

[To register for this incredible session please click HERE](#)



Date and Details

Weds 7th October

14:30-15:30 Men and ADHD: We Need to Talk

Carl Mumford

Carl Mumford is a former police officer of 14 years and an award-winning Neurodiversity Consultant who has contributed to the NHS England ADHD Taskforce, advising the UK Government on criminal justice reform.

Diagnosed with ADHD at 31, his own experiences with addiction and mental health challenges shape his drive to create change.

ADHD affects men in ways that are rarely talked about openly. From late or missed diagnosis to struggles with identity, relationships, addiction, debt and mental health, the challenges can be profound and yet too often go unspoken.



<https://carladhd.com>

This session creates a space to have that conversation honestly. Carl Mumford, former police officer and award-winning Neurodiversity Consultant, brings his own lived experience of addiction, relationship breakdown, financial crisis and suicidal struggle to a conversation that many men need but few feel able to start.

Whether you are a man navigating life with ADHD, or a partner, family member or loved one trying to understand and support someone who is, this session is for you.

Together we will explore what ADHD really looks like for men, why it so often goes unrecognised, and what better support could look like for individuals, relationships and the people around them.

This is a conversation long overdue, and it starts here.

We will cover:

- What is ADHD
- How behaviours are often misunderstood
- Why ADHD in men is so often missed or diagnosed late, and how Carl went 31 years without a diagnosis despite a successful policing career
- Having language to describe how you feel
- The link between ADHD and addiction, risk-taking and impulsivity
- ADHD and financial impulsivity, debt and shame
- When "the job" becomes part of the mask: using structure and role to cope
- ADHD and mental health, including depression, anxiety and suicidal thoughts
- Masking, identity and the exhaustion of keeping it together
- Communicating with loved ones, the impact on relationships and what they actually experience
- Practical strategies for managing day to day
- Q&A and open conversation

[To register for this incredible session please click HERE](#)



Date and Details

Thurs 8th October

09:30-10:30 Tactical Calm – Managing Stress in High-Pressure Moments

Sara Dance

Sara Dance is a breathwork and contrast therapy practitioner who specialises in helping individuals and teams stay calm, focused, and effective under pressure.

Combining science-backed techniques with practical application, she delivers sessions that support nervous system regulation, improve decision-making, and build resilience in high-demand environments.



info@breathways.co.uk

Sara has experience working with frontline teams and understands the realities of operating in fast-paced, high-stress situations. Her approach is straightforward, accessible, and immediately usable - equipping people with tools they can rely on in real time, whether on shift, in the field, or in everyday life.

Through her work, she helps individuals manage stress more effectively, recover faster, and maintain clarity and performance when it matters most.

This online session on Tactical Calm offers practical, science-backed breathwork tools to help you stay clear, focused, and in control during high-pressure moments.

Designed for the real demands on the job, you'll learn simple techniques to regulate stress, sharpen decision-making, and recover quickly after intense situations. These tools are discreet, effective, and can be used in real time - on shift, in the field, or at your desk - supporting both immediate performance and long-term wellbeing.

The session will include:

- An explanation of how and why breathwork works
- Connection between breathing and the nervous system
- Guided exercises to experience physiological and emotional effects
- Time for reflection, learning points, and practical takeaways
- By the end of the session, each participant will leave with at least one practical breathing tool to manage stress and support wellbeing in both work and home environments.

[To register for this incredible session please click HERE](#)



Date and Details

Thurs 8th October

12:00-13:00 Permission to Pause: Practical tools to manage overwhelm & reset your energy

Heather Agan de Visser

Heather Agan de Visser is a speaker, facilitator and leadership development specialist who helps people reconnect with their confidence, resilience and personal power.

A former global event producer turned professional development expert, Heather has spent over 15 years working with leaders, teams and organisations in high-pressure environments. Her career has taken her from the UK to the US, Hong Kong and Australia, supporting some of the world's most recognisable brands to communicate clearly, perform under pressure and create meaningful impact.

Today, Heather brings that experience into her work with organisations, helping people navigate the realities of modern working life with more clarity, self-trust and emotional resilience.

Her sessions blend practical tools, thoughtful insight and grounded personal development, creating space for people to pause, reflect and reconnect with what supports them to feel and perform at their best.

Heather speaks on modern leadership, confidence, resilience, wellbeing and personal power. Her work is warm, clear and deeply human, always designed to leave people feeling seen, strengthened and able to take meaningful action. Alongside her professional work, Heather is a mum of twins and a strong believer in purposeful living, self-leadership and trusting your own inner guidance. Her mission is to help people remember who they are, recognise what they are capable of, and move forward with greater confidence, courage and connection.

Explore beyond the surface of stress and into the real reasons overwhelm shows up - why it can feel so intense, why it often arrives in waves, and why even the strongest, most capable people can find themselves suddenly at capacity. If you're feeling stretched, overloaded, or running on fumes, this session is for you.

We'll explore the mindset, conditioning and hidden pressures that shape how we respond when life or work becomes "too much," and how the nervous system reacts when we don't give ourselves space to pause. You'll learn how to spot the early cues your mind and body offer long before overwhelm takes over, and why intentional pauses are one of the most powerful tools for resilience, performance and emotional wellbeing.

Drawing on the concept - 'the power of the pause' you'll discover simple, repeatable strategies to help you reset your energy, organise your priorities with confidence, and bring yourself back to centre—even on the busiest, most demanding days. These tools are practical enough to use on a shift, during a challenging conversation, or in those quiet moments when everything hits at once.

By the end of the session, you'll not only understand your overwhelm differently—you'll know exactly what to do with it. You'll walk away with greater self-awareness, stronger boundaries, and a set of techniques you can rely on whenever life feels heavy. Most importantly, you'll leave with a grounded reminder that you matter, your wellbeing matters, and taking a pause isn't stepping back—it's stepping into your power.



[To register for this incredible session please click HERE](#)



Date and Details

Thurs 8th October

14:00-15:30 Neuro-Typical v Neuro-Divergent: Burnout and Overwhelm

Victoria English

Neurodiversity Coach, Trainer & Wellbeing Consultant

Victoria English is a specialist neurodiversity coach, trainer, and wellbeing consultant with 29 years of professional expertise. She is the founder of Victoria English Wellbeing, delivering science-backed workplace training, leadership development, and professional coaching across the UK.

Victoria's work sits at the intersection of applied neuroscience, occupational health, and trauma-informed practice. She brings a unique depth to her training — imbuing every session with her own lived experience of dyspraxia and AuDHD, giving colleagues an authentic, inside perspective that goes beyond theory.

She has helped to deliver a psychological safety programme to 5,000 DSTL staff, provided neurodiversity coaching and training to the Ministry of Defence, Parliament, and the NHS, and supported civil service teams with neurodiversity-informed leadership development.



[Victoria English Wellbeing](#)

Join us for a session designed to raise awareness of neurodiversity in the workplace and deepen understanding of how burnout and overwhelm show up differently for neurotypical (NT) and neurodivergent (ND) colleagues.

Drawing on neuroscience, over 29 years of professional expertise, and lived experience of dyspraxia and AuDHD, this session offers practical knowledge, self-compassion strategies, and a take-away toolkit to empower colleagues working in a busy and often demanding environment.

What to Expect:

- Understand what neurodiversity means and how it presents at work
- Explore the key differences between NT and ND burnout — causes, signs and recovery
- Learn about masking and the toll it takes on neurodivergent colleagues
- Discover practical regulation and self-awareness tools you can use immediately
- Leave with signposting to trusted resources and a personal take-away toolkit

[To register for this incredible session please click HERE](#)



Date and Details

Fri 9th October

09:30-10:30 An overview of Police (Police Staff) Pensions

Alex Barrett

'Hi, I'm Alex from Police Mutual. I've been with them for over 7 years, prior to that I worked for Hampshire Constabulary for over 10 years in a Staffing role and prior to that worked in Financial services.

What I deliver is a good mix of my knowledge and experience, talking around the subject of pensions and about the importance of estate planning and things to consider and why, but in simple terms'.

An overview of the Occupational Pension Scheme including contributions, accrual, when you can retire, lump sum options and dependants' pensions. Information will also be provided in respect of the McCloud Judgement to include an understanding of how the discrimination occurred, who is impacted and what will happen as a result.



**Police
Mutual**

[To register for this incredible session please click HERE](#)

14:30-15:30 Present, Calm, Connected: Mindfulness for Everyday Wellbeing

Natasha Hill

PC Natasha Hill has served with Devon and Cornwall Police for 27 years as a full-time officer and 3 years as a Special Constable. For the last 6 years she has worked full time as part of the Wellbeing team covering Devon, Cornwall and Dorset leading on Women's health, financial wellbeing, training and WellFest.

Natasha became a passionate advocate of mental health and wellbeing after being diagnosed with complex PTSD in 2015 linked to some of the jobs she was involved with in the police and a Cancer diagnosis.



Her dog Murphy is part of the OK9 team, she has two adult daughters Eleanor and Olivia and has been married to Steve for 14 years.

Join Natasha for a practical session to understand how you can incorporate Mindfulness into your everyday without having to carve out any extra time! You will leave with a clear appreciation for what Mindfulness is NOT and learn how it can help to create a more peaceful life no matter how crazy your day-to-day may be.

[To register for this incredible session please click HERE](#)



Date and Details

Fri 9th October

16:15 -17:15 Master the Kitchen—Efficient, nutritious, and flavourful cooking

Ryan Smith

Having spent 20 years professionally working as a Chef, Ryan has mastered the art of culinary efficiency, turning what many view as a gruelling daily chore into a simple routine.

Believing that food lies at the heart of human connection and wellbeing, Ryan is dedicated to making cooking enjoyable from start to finish. Convenient, nutrient rich recipes show that healthy eating can be both nourishing and delicious.

Proper nutrition is the cornerstone of health, but finding the time to cook fresh meals can often feel overwhelming. In this engaging live demonstration, experienced Chef Ryan will debunk the myth that healthy cooking has to be time-consuming.

You will learn how to streamline your kitchen habits, maximize your time, and fall in love with the cooking process.



Ryan will prepare a small selection of delicious, nutrient-packed recipes designed to be as fun to make as they are to eat.

Kitchen Efficiency: Tips and clever hacks to cut down your prep and cleanup time.

Nutrition Without Sacrifice: How to build balanced, wholesome meals that are bursting with flavour.

The Joy of Cooking: Shifting your mindset from viewing meal prep as a chore to a rewarding daily ritual.

A live introduction to: The philosophy of stress-free cooking and the vital role of nutrition.

A live demonstration: Step-by-step preparation of a couple of signature, time-efficient recipes, featuring real-time tips on knife skills and workflow.

Q & A & Tasting Open floor for audience questions.

A takeaway guide will be provided to those who join.

[To register for this incredible session please click HERE](#)



Date and Details

Mon 12th October

09:30 -10:30 The Sleep-Mind Connection: How Rest Supports Mental Wellbeing

Dr Eidn Mahmoudzadeh

Dr Eidn is a Sleep Doctor and General Medical Practitioner with over 20 years of clinical experience.

His medical background fuels his passion for exploring the science of sleep and its profound impact on health and wellbeing.

Having personally experienced, and overcome, sleep challenges, he is uniquely placed to connect on a deeper level with those navigating similar issues.

Passionate about addressing the global sleep crisis, he advocates for integrating sleep health and education into wellbeing strategies, with a focus on empowering individuals to drive performance, foster success and optimise resilience.

Beyond clinical practice, Dr Eidn is a regular guest on podcasts, a frequent contributor to press and media discussions, and a keynote speaker at many prestigious industry and NHS events.

Poor sleep and mental health are deeply intertwined, yet the connection is often overlooked.

In this webinar, Dr Eidn explores the science behind how sleep affects your mood, focus, and emotional resilience. He shares practical tips, simple techniques, and evidence-based strategies to improve sleep and support emotional wellbeing in everyday life.



The Sleep Project

[To register for this incredible session please click HERE](#)

11:00 -12:00 Practical Nutrition for Busy Lives

Anna Earl

Anna Earl is a former police detective, now re-qualified and running [Nutrivival](#), a nutritional therapy and nutrition consultancy business. An expert in 'chrono-nutrition' - how your body reacts to your food timing and choices - she helps busy people with demanding or irregular work schedules improve their energy, health and wellbeing through practical nutrition and lifestyle support.

Anna represents shift worker and driver health on the Parliamentary Advisory Council for Transport Safety and Association for Road Risk Management and is supporting the Food and Nutrition pillar of the Road Haulage Association's 10 Year Wellbeing Charter.

She lives in Guildford with her partner, 4 teenagers, 2 cats and 2 dogs and does karate and mountain biking in her spare time to unwind and switch off!

'Many shift workers struggle with fatigue, weight gain and poor sleep due to reliance on convenience foods. This can impact health (both short and long-term), safety (eg safe driving) and performance (eg ability to focus, evaluate objectively and show empathy).

Anna will share realistic healthy eating solutions that fit real lives, helping people feel better, perform with greater focus and compassion, and age well.'



Nutrivival

[To register for this incredible session please click HERE](#)



Date and Details

Mon 12th October

12:30 -13:30 Trauma-informed stress awareness using CALMER

Louise Fernand

Mental Health Product Manager, British Red Cross

Louise Fernand is the Mental Health Product Manager at the British Red Cross, where she leads the development of trauma-informed mental health and wellbeing training for workplaces. With over a decade of experience, she works closely with psychosocial experts to design practical, evidence-based learning that helps people better understand and respond to stress — in themselves and others.

Louise is passionate about making mental health conversations more accessible and normalised, equipping individuals with simple, compassionate tools they can use in real-life situations. Her work focuses on translating complex psychological concepts into clear, usable approaches that build confidence, resilience, and safe support practices in the workplace.

Louise brings a grounded, human approach to stress awareness, helping attendees feel more empowered, informed, and capable in emotionally challenging moments.

Join Louise Fernand for a compassionate and insightful introduction to understanding stress through a trauma-informed lens, drawing on over a decade of experience developing mental health training for workplaces.

Louise is passionate about normalising the conversation around mental health and equipping people with practical, accessible tools they can use in emotionally challenging situations. Working closely with psychosocial experts, she has helped build a suite of British Red Cross training programmes grounded in trauma-informed principles, with a focus on empowering individuals to support both themselves and others safely.

This session offers a mini-teach extract from the full training, exploring how stress and trauma interact in the workplace, why our bodies respond the way they do, and how greater awareness of our own stress triggers can improve emotional resilience.

Attendees will be introduced to the trauma-informed CALMER Framework — a simple, memorable approach designed to help people regulate stress, reduce overwhelm, and respond to others with confidence and compassion.

The session will cover:

- understanding stress and the body's natural stress response
- how trauma and stress overlap, and why this matters in workplace interactions
- an introduction to the CALMER framework and how to apply it in real situations
- individual stress triggers
- practical ways to support yourself and colleagues during emotionally challenging situations.

This empowering session aims to leave attendees with a deeper awareness of stress and trauma, as well as practical tools they can use immediately to feel more grounded, confident, and trauma-aware in everyday working life.

Find out more about our [Mental Health at Work](#) training options.



[To register for this incredible session please click HERE](#)



Date and Details

Mon 12th October

14:30-15:30 Police Pensions (officers)

Alex Barrett

'Hi, I'm Alex from Police Mutual. I've been with them for over 7 years, prior to that I worked for Hampshire Constabulary for over 10 years in a Staffing role and prior to that worked in Financial services. What I deliver is a good mix of my knowledge and experience, talking around the subject of pensions and about the importance of estate planning and things to consider and why, but in simple terms'.

An overview of the Occupational Pension Scheme including contributions, accrual, when you can retire, lump sum options and dependants' pensions.

Information will also be provided in respect of the McCloud Judgement to include an understanding of how the discrimination occurred, who is impacted and what will happen as a result.



[To register for this incredible session please click HERE](#)

Date and Details

Tues 13th October

09:30 -10:30 Energy, Focus and Resilience in the Working Week

Dr Andy Middlebrooke

Dr Andy Middlebrooke is an exercise physiologist with over 30 years of experience in performance, health, and education. He specialises in endurance training, metabolic testing, and evidence-based coaching for athletes and active individuals. Andy has worked with a wide range of clients—from elite competitors to everyday exercisers—helping them train smarter, recover better, and perform at their best. A passionate exerciser himself, he delivers workshops and talks on physiology, wellness, and long-term health. Andy brings practical insight to his work, grounded in real-world experience and a deep understanding of human performance across the lifespan.

Energy, Focus and Resilience in the Working Week explores how lifestyle factors directly influence workplace performance and wellbeing. The talk highlights the role of physical activity, nutrition, sleep, and stress management in maintaining energy levels, concentration, mood, and productivity throughout the working week. Attendees will gain an understanding of how poor sleep, inactivity, and chronic stress can impair cognitive function, decision-making, and resilience. Practical, evidence-based strategies are provided to help individuals improve daily energy, sustain focus during demanding periods, manage stress more effectively, and build long-term resilience, supporting both personal wellbeing and professional performance.



[To register for this incredible session please click HERE](#)



Date and Details

Tues 13th October

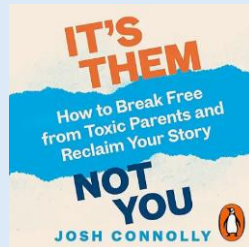
12:30 -13:30 Discovering Resilience Through Trauma

Josh Connolly

Josh Connolly, an Amazon bestselling author, has taken the mental health world by storm with his groundbreaking book, "It's Them, Not You: How to Break Free from Toxic Parents and Reclaim Your Story." This transformative guide provides readers with essential tools and guided breathwork sessions to overcome toxic family dynamics and heal from past trauma. Renowned as one of the UK's top mental health advocates,



Josh connects with nearly half a million followers, delivering powerful insights and strategies. His workshops, ranging from local schools to some of the biggest brands in the world, empower individuals to connect deeply with their emotions and intuition. As an ambassador for Nacoa, Josh passionately supports those affected by parental alcohol issues, driving significant advancements in mental health awareness and support.



In this raw and deeply human session, Josh Connolly shares his personal journey growing up as the child of an alcoholic, navigating trauma, addiction, and involvement in county lines as a teenager before eventually getting sober in 2012.

Through lived experience, Josh explores how unresolved trauma can shape behaviour, emotional regulation, relationships, and decision-making in young people. He reflects honestly on his interactions with frontline services throughout his life, highlighting both the moments that caused further harm and the seemingly small moments of human connection that had a lasting positive impact.

This session aims to help frontline professionals move beyond surface-level behaviour and develop a deeper understanding of the realities many young people are living with. Attendees will leave with greater insight into trauma, addiction, shame, survival behaviours, and practical ways small relational shifts can create safer, more effective interactions with vulnerable individuals.

The talk is designed to validate the challenges frontline workers face while offering a compassionate and realistic perspective on how meaningful change often begins through simple human connection.

[To register for this incredible session please click HERE](#)



Date and Details

Tues 13th October

14:30 -15:30 The Power of Creativity; Ballet to Barbell

Daz Stephens

As member of the Alliance Health and Wellbeing team Daz has over 33 years military and Police service behind him as well as running a successful Wellness business for 6 years after retiring from D&C in 2020. During this time Daz learned first-hand what it meant to be living his best version, the very foundation of our health and wellbeing, the discipline and mindset we bring into our lives each and every day.

As a TEDx speaker and World Natural bodybuilder Daz brings both professional expertise and lived experience to his approach, the power of consistency, accountability and belief to ignite the inspiration in others.

What if true strength is not just built through power, but through grace, discipline and the courage to move differently.



In this inspiring and unexpected TEDxTruro talk, Daz Stephens shares how ballet became a powerful part of his journey as a serious natural bodybuilding competitor.

By combining the precision, control and artistry of ballet with the intensity and discipline of body building, Daz challenges what we think strength is supposed to look like.

The Art of Becoming Stronger is a reminder that growth often comes from stepping outside the obvious path.

Sometimes, the thing that transforms us most is the thing we never expect to need. For sure I loved the challenge of natural bodybuilding, but I just needed to be better with what I had, I mean at my age things are just getting so much harder to change.

With my past experience, I now realised posing and stage presence were crucial. Many competitors focussed solely on muscle and conditioning and so I did something different that brought elegance, connection and artistry.

"It wasn't enough for me to just stand on stage flexing. I wanted to bring grace. I wanted to connect with the audience. I wanted to express who I'd become".

[To register for this incredible session please click HERE](#)



Date and Details

Wed 14th October

09:30 -10:30 Supporting Grief in the Workplace

Lucy Carpenter

Lucy Carpenter leads the Compassionate Employers Programme at Hospice UK, supporting organisations to better care for employees experiencing grief, caring responsibilities, or life-changing diagnoses.

Her team's work reaches more than 165,000 employees across UK workplaces.

With extensive experience as a facilitator, trainer, and advisor on compassionate leadership, Lucy brings expertise in issues related to death, dying, and grief at work.



This 1-hour webinar about grief in the workplace will discuss how we can better support ourselves and each other through difficult times. We'll explore the different ways grief can show up at work, why anniversaries and holidays can intensify emotions, and what meaningful support can look like in practice.

Whether you're navigating your own grief or supporting colleagues, this session aims to provide practical tools and compassionate guidance. This will offer space to reflect, learn and feel understood.

Key Learning Outcomes

The impact of grief at work – understanding how grief affects us day to day, how it might show up for us in our workplace and how it might impact us - especially around significant dates.

Acknowledging different types of grief – including anticipatory and disenfranchised grief and understanding how they may appear in a workplace setting.

Enhancing supportive strategies – practical, compassionate ways to look after yourself and others, helping to create a workplace where people feel seen, supported and understood.

Signposting and Further Support – highlighting legal protections for bereavement leave, as well as signposting to organisations that can offer additional help and support.

[To register for this incredible session please click HERE](#)



Date and Details

Wed 14th October

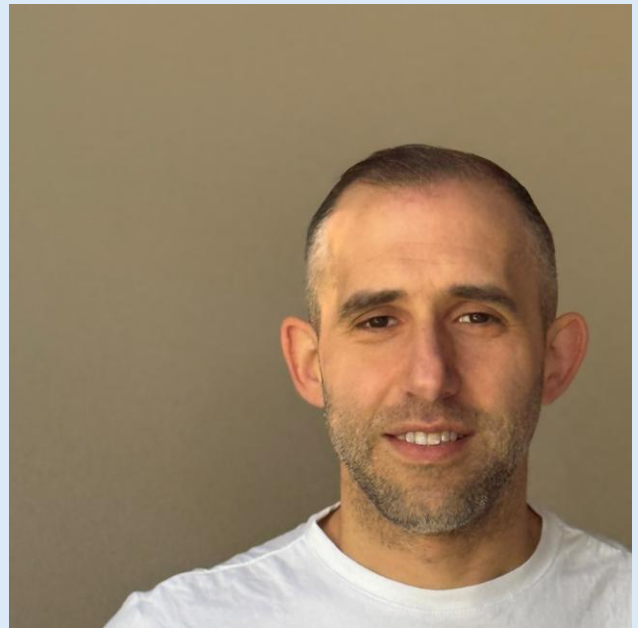
12:30 -13:30 From high profile success to bankruptcy, destruction and building back from nothing

Gab Stone

At the peak of his career, Gab Stone ran a talent management agency representing 22 athletes in the 2012 London Olympics, including 13 medal winners. This all changed when a lifelong addiction caused him to lose his business, declare bankruptcy, and serve a prison sentence while national newspapers covered his downfall.

His story became one of the most high-profile addiction cases in recent years across British media.

Now over a decade into recovery, Gab shares his experience publicly to raise awareness and reduce the stigma around addiction, gambling, and mental health challenges.



Gab's lived experience gives him a first-hand understanding of the psychology of addiction. Having worked in high-pressure, performance-driven environments, Gab understands how prevalent these issues can be and how often they are hidden. In his sessions, he shares the warning signs and the environmental factors that can exacerbate compulsive behaviours.

Gab's perspective on hitting rock bottom and his eventual recovery offers hope and inspiration for individuals dealing with their own mental health crises.

His story powerfully demonstrates how it is possible to come back from even the toughest of challenges, inspiring resilience in all who hear it.

Gab Stone shares his personal journey through gambling addiction and his resultant business collapse, bankruptcy, national media exposure and criminal conviction.

Through lived experience, the session explores how adversity can impact identity, decision making, mental wellbeing and relationships, particularly under pressure.

Rather than focusing solely on crisis, the talk centres on resilience, accountability, self-awareness and rebuilding, offering practical insight into how people can respond to setbacks, recognise unhealthy coping mechanisms and support both themselves and others.

[To register for this incredible session please click HERE](#)



Date and Details

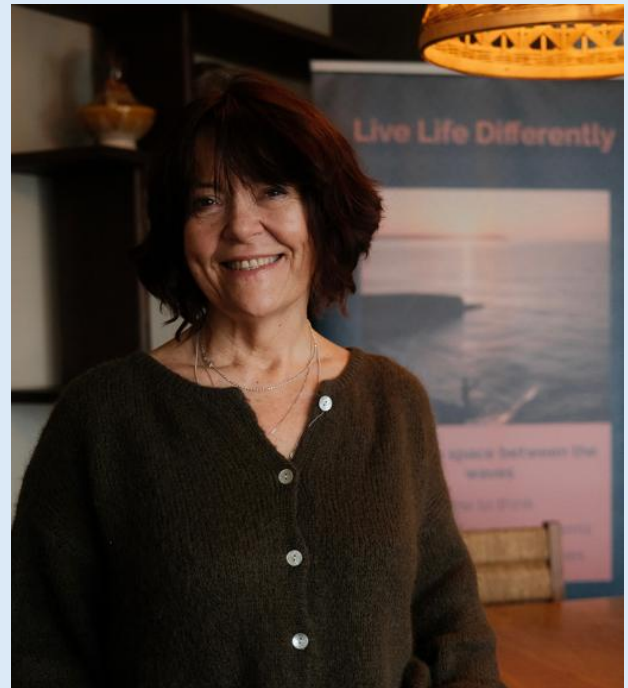
Wed 14th October

14:30 -16:00 Anchors Coaching: Where does the time go?

Kate Clark

Kate is an ICF-accredited Transformative Life Coach with almost three decades of professional experience, the majority in Human Resources supporting multi-site businesses across both manufacturing and service-based industries.

Through Anchors Coaching, Kate designs and facilitates group workshops both online and in person - working with teams to enhance resilience, support work-life balance and create a culture of proactive wellbeing at work.



Her approach creates a grounded, confidential space for honest conversation - practical, human and built on deep listening.

Kate believes the most effective wellbeing support happens before people reach crisis point. Her work helps teams build the inner resources to sustain performance, navigate pressure and look after themselves and each other.

Because true wellbeing is whole - mental and emotional health matter as much as physical.

Kate also volunteers as a life coach with Millimetres to Mountains - a mental health charity that harnesses the great outdoors and the power of community to support individuals in redefining their limitations and stepping towards a brighter future.

[To register for this incredible session please click HERE](#)



Date and Details

Thurs 15th October

09:30 -10:30 Menopause and Mental Health

Emma Seville

Hello, I'm Emma Seville, Founder of Your Menopause Toolkit. I'm 55, living in Portishead near Bristol, with my teenage daughter, and rescue dog Peanut. I love lifting heavy stuff in the gym, gardening, and walking my dog in the surrounding countryside. I am a certified menopause coach and nutritional therapist, working with women 1-1 and within the workplace.

This session will look at: How we can feel, why and what will help. What will help us feel better

- What is happening in our brain
- Things that encourage a positive outlook
- Cessation of fertility
- Meno rage
- Mood swings
- Relationships
- Wanting to make big changes
- Aging and the media pressure to look young
- How to spark joy and looking for glimmers
- When women are happiest
- Being kinder to ourselves
- Useful links and opportunity for Q&A



[To register for this incredible session please click HERE](#)

12:30 -13:30 How to make your team a little happier: A practical guide

Richard Clarke

Richard Clarke is a founder, CEO, and specialist in the science of happiness at work. He shows leaders the practical steps they can follow to make their teams happier.

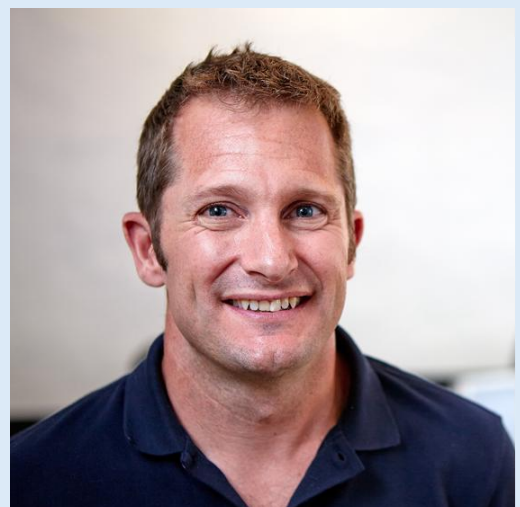
How to make your team a little happier: A practical guide

Happier teams perform better, stay together longer, and are more engaged in their work. But how can you help your team feel happier at work?

In this talk, behavioural scientist and former CEO Richard Clarke explains the real drivers of workplace happiness and shares science-backed techniques you can use to make a real difference to your team's wellbeing.

In this webinar you'll learn:

The fundamentals of the Science of Happiness at Work - the 5 drivers of workplace happiness
A practical framework you can follow to create lasting change in your teams.
Simple, actionable ideas you can start using tomorrow to support your team's wellbeing.



[To register for this incredible session please click HERE](#)



Date and Details

Thurs 15th October

14:00-15:00 Protection, Wills and Inheritance Tax

Alex Barrett

'Hi, I'm Alex from Police Mutual. I've been with them for over 7 years, prior to that I worked for Hampshire Constabulary for over 10 years in a Staffing role and prior to that worked in Financial services. What I deliver is a good mix of my knowledge and experience, talking around the subject of pensions and about the importance of estate planning and thing to consider and why, but in simple terms' .

Protection needs

- A timely reminder of the benefits provided through Pension Schemes, Group Insurance and Staff Associations.
- Reminder to check death nomination forms are up to date so if the worst does happen the money goes to the correct beneficiaries.
- Consideration of need for additional protection

Wills & Estate Planning

- Laws of Intestacy
- Inheritance Tax
- Lasting power of attorney
- Will writing options & costs, Information you will need



[To register for this incredible session please click HERE](#)

15:00 -16:00 Love, Loss and Living: A Personal Story of Terminal Cancer, Resilience, Hope and Compassionate Support.

Lisa O'Donnell

Whilst not Devon born, I consider myself a Devon girl as I have spent most of my life in Devon. I worked in the private sector before joining the police in March 2021 as an administrator and I am now an Executive Assistant. Just months after joining the force, I found a lump in my breast which was confirmed as cancer. Treatment was relatively simple, having the lump removed and then 2 weeks of radiotherapy and after a short recovery period, I carried on as normal. Just 3 years later it was discovered that my breast cancer had returned and also spread. This meant that whilst the cancer could be treated, it could no longer be cured, and I am currently on palliative chemotherapy.

In addition to my own cancer diagnosis, in 2014, I lost my lovely husband Paul to cancer. He had a squamous cell carcinoma in his jaw and was only 42 when he died.

I am hoping this session will help those navigating a cancer diagnosis, whether it is their own or someone close to them.



[To register for this incredible session please click HERE](#)



Date and Details

Friday 16th October

10:00 -11:00 Supporting Carers in the Workplace

Lucy Carpenter

Lucy Carpenter leads the Compassionate Employers Programme at Hospice UK, supporting organisations to better care for employees experiencing grief, caring responsibilities, or life-changing diagnoses. Her team's work reaches more than 165,000 employees across UK workplaces.

With extensive experience as a facilitator, trainer, and advisor on compassionate leadership, Lucy brings expertise in issues related to death, dying, and grief at work.



This 1-hour webinar will give attendees an understanding of what it really means to support carers in the workplace. We will explore how we can better look after ourselves and our colleagues who balance work with caring responsibilities.

Every day in the UK, more than 600 people step away from full-time work to care for a loved one. That adds up to around 5.8 million unpaid carers nationwide, people quietly juggling emotional, practical and financial pressures alongside their day jobs. Many want to remain in work, but without the right support, the strain can become overwhelming.

In this session, we'll explore why flexibility, communication and compassion aren't just "nice to have", they're essential for creating workplaces where carers feel understood, valued and able to thrive.

[To register for this incredible session please click HERE](#)



Date and Details

Fri 16th October

12:30 -13:30 Menopause Awareness and Making Change Happen

Lynda Bailey

Lynda has been advocating for greater menopause workplace support since 2014.

Whilst serving as a police Inspector in West Midlands police she navigated a difficult menopause – a deeply personal experience that opened her eyes to the silence surrounding the issue, especially in the workplace. Rather than let it silence her, she transformed it into a mission. She spearheaded awareness initiatives that helped reshape how menopause was perceived and supported across the organisation.



After retiring from policing, she took her passion nationwide and developed menopause workplace training equipping 100s of organisations with the tools, empathy and knowledge to support their teams better. Lynda's mission is to normalise menopause in every workplace and ensure that no one must choose between their job and their menopause

Tailored specifically for employees working in the Emergency Services, this session will include:

- Menopause key facts – symptoms, why we don't talk about it
- Individual challenges and solutions – how to get the right help
- Reasonable Adjustment Passport - what it is and why it works
- Menopause Action Plans – what are they?
- How we can make a difference in our sector Menopause support groups – why and how they work

[To register for this incredible session please click HERE](#)

15:00-16:00 WellFest26 Family Quiz Time

Come and join us for a FUN afternoon

Family Quiz

Come along on your own, with a family member, pet, friend, colleague or your whole Team

[To register for this incredible session please click HERE](#)





Date and Details

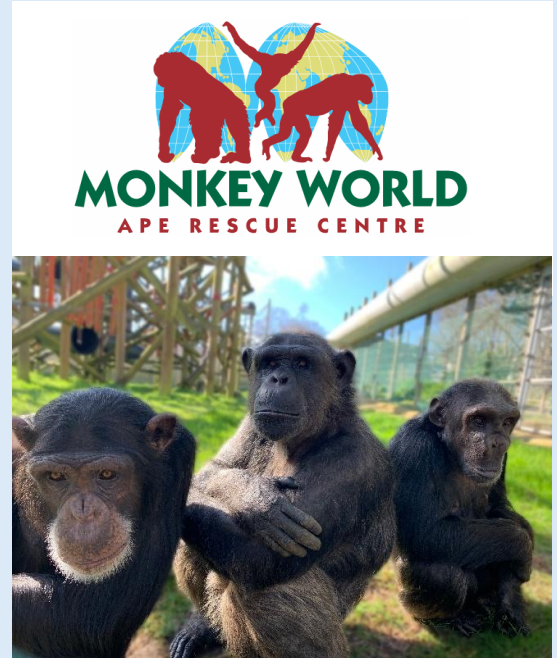
Fri 16th October

15:15 -16:45 Monkey World 'Ape Rescue Centre'

Jon – Your Tour Presenter

Jon is one of Monkey World's Education Officers and has worked at the park for several years. Passionate about conservation and primate welfare, he enjoys sharing Monkey World's rescue, rehabilitation, and education message with visitors of all ages.

Jon regularly delivers engaging talks and educational sessions to schools, colleges, and organised groups, helping people discover the incredible stories behind Monkey World's rescued monkeys and apes. His enthusiasm and knowledge make him the ideal guide for this virtual tour, offering fascinating insights into the park and the important work it does to protect primates from around the world.



[Click HERE for further information from Monkey World](#)

What to Expect on the Virtual Tour

This virtual tour offers a unique perspective of Monkey World, giving you the opportunity to explore the park like never before. You'll discover Monkey World's key messages, learn about our purpose as a rescue centre for monkeys and apes, and hear the incredible rescue stories of some of our residents.

The tour also provides exclusive access to areas that are normally off limits to visitors, including views from our observation towers, offering a fascinating insight into the park and its inhabitants. Monkey World is home to over 240 rescued monkeys and apes, including four groups of chimpanzees, the official Orang-utan Crèche of Europe, and the UK's only group of woolly monkeys, as well as many other remarkable species.

Ali- Head of Education on hand for Q&A

The virtual tour concludes with a live Q&A session hosted by our Head of Education, Ali, giving you the chance to ask any questions you may have and learn even more about the work we do to rescue, rehabilitate, and provide sanctuary for primates from around the world.

[To register for this incredible session please click HERE](#)



*Thank you for visiting WellFest26. Take care of yourself and each other
From Devon and Cornwall & Dorset Police Wellbeing Team*