



INSPIRE

Mental Health & Wellbeing
Speaker Brochure

 raise the bar™



Dr Dawn Harper

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A practising GP, Dawn has been working as a media doctor for over ten years and her ability to simplify complex medical issues has made her an extremely sought-after medical commentator and expert. Dawn is best known as one of the presenters on Channel 4's hit series 'Embarrassing Bodies'.



Ruby Wax

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After three decades working on stage, television and radio, Ruby Wax has recently changed direction. The former entertainer is now an expert on psychology, human behaviour and communication, and is one of the most sought after speakers on mental health & mindfulness.



Dr Sarah Jarvis MBE

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Dr Sarah Jarvis is probably most widely known as The One Show's very own GP, offering advice and information on health issues from medical breakthroughs in hearing aids to long-suffering and embarrassing ailments such as chronic hiccups.



Frank Bruno MBE

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In 2003, the former WBC World Heavyweight champion was diagnosed as having Bipolar disorder. Frank has used his status and his well documented mental illness to help change perceptions that surround mental health.



Professor Steve Peters

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Steve is a Consultant Psychiatrist who specialises in the functioning of the human mind and currently works across a range of areas including corporate work, health, education, elite sport, and with members of the public. In all areas, he helps people to understand how their mind works and to gain insight into their own unique mind and situation.



Vikie Shanks

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Vikie shanks has seven children, six of which have autism, one with dyslexia and two with cerebral palsy. Following the suicide of her husband, Vikie is now a campaigner, author and speaker on disabilities and mental health. Her recent Netflix documentary 'Kingdom of Us' which follows Vikie and her family coming to terms with the suicide, was recently nominated for a BAFTA.



Dr Nick Baylis

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This Cambridge University psychologist, Penguin author, and Times columnist, shares his passion for the most compelling evidence about the best routes to happiness & all-round well-being in this high-pressure life – all of which is wonderfully relevant to individuals, teams, and strategy in the business world.



Dr Guy Meadows

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Dr Guy Meadows is a sleep psychologist who demonstrates a deep understand of personal well-being and uses his expertise to improve the livelihoods of others. Guy is passionate about educating people of the importance of sleep and its role in enhancing daytime mental & emotional health and resilience.



Dr John Briffa

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Dr John Briffa BSc MB BS is a practising doctor, internationally-published author, speaker and trainer. John is an expert in the use of lifestyle strategies for optimising wellbeing, health and performance. For 20 years he has worked with a wide range of organisations to improve individual and organisational wellbeing and performance.