



# INSPIRE

Speaker Brochure  
Stress Awareness Month

 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. Ruby explores how modern life is affecting our mental health and stress levels.



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.



**Anna Hemmings**

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Anna delivers a series of 60-90 minute seminars that cover some key aspects of achieving optimum health, wellbeing, energy and resilience at work. They are designed to energise and invigorate staff health and wellness.



**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.



**Dr Tara Swart**

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Dr Tara Swart is a neuroscientist, leadership coach, award-winning author and a medical doctor. Tara works with global leaders to help them achieve mental resilience and peak brain performance, improving their ability to manage stress, regulate emotions and retain information.



**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 understanding 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.



Denise Lewis OBE

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Olympic medallist Denise Lewis has always taken her health and wellbeing seriously, believing it can help build social skills, confidence and boost mental health and wellbeing. Denise teamed up with Change4Life and their campaign to get more children involved in physical activity.



Megan Reitz

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Megan Reitz is an author, speaker, Associate Professor at Ashridge Hult and on the Thinkers50 radar of global business thinkers. Her ground-breaking global research (with Michael Chaskalson) explores the impact of mindfulness training on key leadership capacities and reducing stress.



John Purkiss

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John Purkiss is the co-author of the bestseller, *Brand You*. His new book is called *The Power of Letting Go*. He is an expert on personal branding and letting go as tools for improving performance. He practises mindfulness and Transcendental Meditation, and shows how this can help reduce stress.



**Alan Wise**

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Qualified psychologist and motivational speaker Alan Wise is an esteemed psychotherapist who has practised in both Europe and the US; with specialisms in depression, post-traumatic stress disorder and stress management.



**Simon Shepard**

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Best described as a disruptive innovator, Simon Shepard co-founded Optima-Life, a company that specialises in combining technology and coaching to help organisations and individuals become more resilient, productive and purposeful. His mission is to provide a symbiotic learning culture between the sporting, corporate and health worlds.



**Jo Howarth**

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With over 20 years studying mindfulness and hypnotherapy, Jo Howarth works with organisations that are committed to changing the way their employees feel and therefore work. She also works within schools to teach students techniques to develop their own resilience to stress and believes this should be as important as learning your ABCs.