



Workshop Choices and Presenter Bios

12 February 2020

1-2-1 sessions in the breaks in Hazelwood Suites on 1st floor, allocated on a first come first served basis.

Hands on Health: Clothed, Seated Chair Massage is the most popular, effective and highly acclaimed service at the workplaces we visit nationwide. Sickness due to musculo-skeletal problems is one of the largest contributors to workplace absence. Book your 15-minute massage which will run during the coffee or lunch break.

SAS Nurses: The SAS nurses have a wealth of experience in NHS and Education focusing on health and wellbeing. Make a ten-minute appointment to have your cholesterol or blood pressure tested in the coffee or lunch break.

Stephanie Davies



As someone whose career has spanned being mentored as a stand-up comic by Liverpool comedian John Bishop and training at the prestigious Gesundheit! Institute founded by Patch Adams to a Masters in Laughter, Humour and Personal Growth and setting up her own highly-respected business training top businesses and corporations in the power of laughter, Stephanie knows her onions when it comes to making people cry with laughter.

And she is very much at home bringing this understanding of the power of laughter - it's an academic field of study known as 'gelotology' from the Latin for laughter in case anyone asks you - into schools and classrooms across the UK in recent years. In fact, so committed is Stephanie to helping schools understand how important laughter and happiness is to well-being, community cohesion and improving school results, she even inaugurated the first ever School Happiness Awards, celebrating teachers, teaching assistants, school leaders, support staff and school communities who put happiness at the heart of all they do.

AM Keynote – FLIP-IT thinking for efficient working – Stephanie Davies

Delivered with fun and laughs, we take delegates on a journey through some surprising science to reveal how to harness the power of laughter and humour to improve lives. Everyone likes to laugh, and unless you are unnaturally miserable, everyone enjoys humour. But did you know laughter can help you lose weight and look younger and that humour can cure illness? And both can be used to increase health, wealth, wellbeing and success.

AM Workshop - Sharpen your Buying Skills – Stephanie Davies

Bespoke workshop for ABLE. This workshop will go through some selling methods used so that delegates can recognise techniques when they are being used on them. *SD will send full outline in due course.*



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Darran Robinson



Darran works closely with organisations to develop business skills and enhance performance.

Specialisms include; shifting and shaping organisational culture, enhancing business skills, collaborative working and leadership development.

His style of delivery is engaging, inclusive and memorable.

Industry sectors Darran has worked within include; education, information & technology, retail, property management, waste management, shopping centres, security, risk management, financial services, local and central government, healthcare, power distribution.

AM Workshop - Eradicating the Time Stealers – Darran Robinson

We all know at some point today we are going to encounter people and situations that will attempt to steal away our time. We have a choice; we allow our time to be stolen or we protect it! This short event is designed to share a methodology that if applied could be the difference between thriving and surviving.

If you are prepared to change some habits and do things a little differently, this one hour will have a positive significant impact on what you achieve.

PM Workshop - Managing Emails Effectively - Darran Robinson

When was the last time you heard someone say 'I wish I received more emails'? Research suggested in 2018 office-based workers received on average around 121 emails per day!

Smart phones have also made us more accessible and more likely to look at emails outside of normal working hours in effect, lengthening the working day.

If you are prepared to do things a little differently this short workshop will help you take back control of your Inbox by revealing hidden gems in Outlook and sharing a methodology that will positively impact your working day and your personal time.

Julia Turner



After a varied career of 23 years in senior HR and management positions mostly focusing on people development working for Tesco Stores Ltd, Julia for the past 15 years has worked in Health and Wellbeing.

Julia is an NLP Master practitioner as well as being a fully qualified Nutritional Therapist, Personal Trainer and has studied and is qualified to deliver Mindfulness and Reiki.

During the last 15 years Julia has been a practising Personal Trainer and Nutritional Therapist committed to helping people with their health and wellbeing goals before moving into corporate wellbeing. For the last 8 years most of her time has been spent working in companies and organisations such as EDF Energy, Ping Europe and PKF Cooper Parry to name a few delivering and contributing to their corporate wellbeing programmes. This includes 1:1 Wellbeing coaching as well as developing and delivering innovative wellbeing workshops and events.



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Workshop - The Power of Walk – Julia Turner

We all know that exercise is good for us, however sometimes just the thought of it is enough to have us reaching for the remote, the glass of wine and a bar of chocolate!! This workshop however will motivate you to embrace this fact and have you reaching for your trainers quicker than you can hit the TV Guide button.

What will we cover:

Exercise science the facts and benefits- looks at the link between exercise, wellbeing and longevity. You don't have to be a gym bunny or Arnold Schwarzenegger- exercise made simple and accessible.

Finding your why and getting your Mojo back- how to motivate yourself to leave the sofa.

The power of walk-explores in detail the physical and mental benefits of power walking.

24 Hours in a day- How to find 30 minutes in your day.

JDI-what you feel that you will want to do by the end of the session.

Lee Jackson



Lee Jackson is an International Speaker, Presentation Coach and author of twelve books. Having worked in the voluntary, public and private sectors over the years he now works in businesses and education helping people to Get Good® in challenging times. He was the 2017 President of the Professional Speaking Association in the UK & Ireland. He lives with his family in Yorkshire. He loves good comedy, old school Hip Hop and basketball. He doesn't like gardening!

PM Keynote - Get Good at Work – Lee Jackson

It's a mix of common sense, ancient wisdom and good research, which is encouraging, challenging, and funny too. In a nutshell, he covers:

'The Why'

Pressing pause and helping delegates understand 'why' they do their job and how that can help them every day.

'The How'

Learning some good skills that we all need to be better at our work. Beating Procrastination. Handling the temptation to firefight. Dealing with email. The fear of failure and other ways to Get Good.

'The Keeping on Going'

The problem of perfectionism, and lots of solid advice and resilience stories.

PM Workshop - Get Good at Work follow up – Lee Jackson

In his workshop, Lee follows up from his Keynote talk in this hour, where he fields questions on the main subjects covered, goes a little deeper and sets some exercises to help you understand why you do what you do and how you can do it even better and with a little less stress. Expect to be challenged, questioned and have fun too.



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Paul Robertson



Paul is the Professional Development Manager for the Institute of School Business Leadership, the professional body for school business professionals.

He has worked in the education sector for 10+ years and has experience of providing support and training for teachers and SBMs, developing national education programmes and managing the development of new qualifications.

Workshop - Meaningful professional development – Paul Robertson, ISBL

This workshop will introduce you to the ISBL Professional Standards and how they can be used. We will carry out a self-assessment exercise and look at how that can inform and drive your own professional development. We will also look at what qualifications and training are available for all current and aspiring school business professionals.