**Stress Management Awards: Panel of Judges**

**Chair - L****aura Ginesi, BSc(Hons), PhD, PGCE, PGCert, FHEA, FISMA**

Laura is a physiologist with more than 35 years’ experience working in both FE and HE sectors, teaching applied physiology, stress management and nutrition science for the healthcare professions. As a senior lecturer, now retired, she managed interdisciplinary teams, developing and delivering innovative curricula while bringing up three daughters on her own. She is still an Associate Tutor at the University of East Anglia (UEA) and the University of Aberdeen. Laura is an author, qualified childbirth educator, yoga teacher, and life coach. She has also contributed to three textbooks for healthcare professionals and is a Fellow of ISMAUK.

**Dr Steve McKeown MB BS MRCPsych FFOM** Dr Steve McKeown is a Consultant Psychiatrist who trained in London and Oxford, and for many years has had a special interest in stress-related illnesses. In the 1970s and 1980s he worked with the psychologist Dr Laurence Burns and Dr Eric Teasdale, the Medical Director of ICI Pharmaceuticals, later Zeneca then Astra Zeneca, to deliver a series of clinically evaluated stress management workshops to all senior staff. In 1998 he became a Fellow of the Faculty of Occupational Medicine of the Royal College of Physicians, one of a handful of psychiatrists to achieve this. Dr McKeown was also the first Medical Director of Altrincham Priory Hospital, and consultant psychiatrist at Cheadle Royal Hospital, for the NHS in Oxford and for BUPA. His involvement in ISMAUK dates back to the 1970s, and he is a former ISMAUK President**.**

**Jane Thomas, Director, Premier Life Skills, Senior Practitioner in Motivational Maps** Jane is an accomplished professional in the field of wellbeing training and Motivational Mapping. As the Director of Premier Life Skills, a wellbeing training company, and a Senior Practitioner in Motivational Maps, she possesses valuable expertise and experience in helping individuals enhance their overall wellbeing and motivation. Her role involves developing and delivering programmes and strategies that empower individuals to identify their motivations, improve their motivation levels, and achieve their goals. Jane is also a co-author of *Mapping Motivation for Leadership*, which provides insights into the motivation of individuals and teams in the workplace. Premier Life Skills is one of the only UK companies to be an accredited centre for the CPCAB level 5 Diploma in Mental Health and Wellbeing Awareness.

**Becca Clayton, Founder and Director, Tonic Wellbeing** Becca is an experienced wellbeing professional and performance coach who is passionate about integrating wellbeing into the heart of business. She founded Tonic Wellbeing in 2004. With the help of her growing team of practitioners, therapists and clinicians, Tonic Wellbeing helps organisations of all sizes across the UK to create healthier and happier workforces. With a focus on the pillars of health, the Tonic team inspire behaviour change, drive people performance and boost resilience. The solutions they curate are bespoke and blended – reflecting the changing nature of workspaces and our world today.