

**Press Release 7<sup>th</sup> March 2024**

## **Gain Courage and Resilience on a Journey with Patrick Regan OBE**

*Patrick Regan OBE* is an activist whose passion is speaking about resilience, courage, and wellbeing. Fresh from his recent UK *Brighter Days* tour, he is ISMA<sup>UK</sup>'s speaker at their next online webinar on Thursday 14<sup>th</sup> March, entitled *Resilience, Courage and Change*, moderated by Laura Ginesi, a physiologist with over 35 years' experience teaching applied physiology and stress management. Patrick's expertise will help the audience find the courage within themselves to navigate challenges, adapt to change, and build resilience in both personal and professional realms. They will leave the session equipped with a renewed sense of courage, ready to embrace change and create a brighter future.

Talking about his new book *Brighter Days*, Patrick says, *"What we wanted to do was to give people tools for them to use to improve their mental health. Poor mental health doesn't have to be a life sentence. There is hope. Following the book and the tour, we're taking Brighter Days into the workplace. Poor mental health is the biggest cause of staff absences in this country. It costs the economy something like £119 billion a year. We know that 45.8 million adults are struggling, and 60% of those people say they never access treatment. And the staggering statistic is that nine out of ten people who struggle still think there's so much discrimination and stigma when it comes to mental health. So we're going into businesses, educational settings, the hospitality industry and all sorts of different sectors to try and give people the tools to cope with what life chucks at them."*

In 2023 Patrick was awarded "Most Influential CEO for Mental Health Training" by *CEO Monthly*. He has written seven books, covering his work tackling poverty and educational failure, and his own journey with mental, emotional and spiritual health following major limb reconstruction surgery.

Carole Spiers, Chair of ISMA<sup>UK</sup>, said, "We are both delighted and honoured to have Patrick as our speaker at our webinar on 14<sup>th</sup> March. This year, ISMA<sup>UK</sup> will have spent 50 years raising the profile of stress and mental health issues, campaigning against the stigma associated with them, whilst promoting resilience and wellbeing. We applaud Patrick's *Brighter Days* initiative, because there can be nothing more important than creating a healthy workplace culture, where people feel safe in speaking up and speaking out about stress and mental health issues. People shouldn't feel they can't talk about personal problems. Companies need to listen to and collaborate with their workforce, investing in our emotional, mental, physical and spiritual health. Then each of us can look forward to a healthier and more hopeful future."

### **Notes for Editors**

- ***Resilience, Courage, and Change with Patrick Regan OBE***  
For more information on ISMA<sup>UK</sup>'s next online webinar, being held on Thursday 14<sup>th</sup> March from 19:30 – 20:30, go to <https://isma.org.uk/interactive-webinars>. Places may be booked in advance on <https://www.eventbrite.co.uk/e/resilience-courage-and-change-tickets-815987018137>. Registration is free to ISMA<sup>UK</sup> members. Non-members are asked to pay £10.

- **Patrick Regan OBE** is an award-winning communicator who has co-founded and grown two award-winning charities: XLP, working to **create positive futures for young people growing up in inner-city London**, and Kintsugi Hope. Kintsugi Hope has pioneered Kintsugi wellbeing groups all over the UK to help people with mental and emotional health challenges. Patrick's business, BrighterDays.Life, is working alongside employers in businesses, education, and the public & voluntary sector, to improve staff wellbeing through innovative training. He was awarded an OBE from Her late Majesty the Queen for services to young people, is an honorary fellow of London South Bank University for contributions to justice and wellbeing, and in 2010 won the Mayor of London's peace award.
- **Laura Ginesi BSc(Hons), PhD, PGCE, PGCert, FHEA, FISMA** is a physiologist with over 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. 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 ISMA<sup>UK</sup>.
- **The International Stress Management Association (ISMA<sup>UK</sup>)** has been the leading professional body for workplace and personal stress management, wellbeing and performance, promoting sound knowledge and best practice in stress management, resilience, wellbeing and mental health for 50 years, marking its 50<sup>th</sup> anniversary in 2024. ISMA<sup>UK</sup> practitioners and consultants provide stress management services to individuals and businesses, assisting around 40,000 people who need professional help with stress-related issues every year. ISMA<sup>UK</sup> endorses and uses the HSE guidelines for managing stress in the workplace. To find out more about ISMA<sup>UK</sup>, visit [www.isma.org.uk](http://www.isma.org.uk).
- **Press Interviews**  
For all press and media enquiries please contact Carole Spiers, Chair of ISMA<sup>UK</sup>, for an immediate response on +44 (0) 77 688 78910 or at [chair@isma.org.uk](mailto:chair@isma.org.uk).