

Mental Health Awareness Week 2023

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THE THEME FOR MENTAL HEALTH AWARENESS WEEK IN 2023 IS ANXIETY

Anxiety is an important human emotion but, in some circumstances, it can get out of hand and become a mental health problem. The good news is that anxiety can be made easier to manage. By focusing on anxiety for Mental Health Awareness Week in 2023, The Mental Health Foundation want to improve public understanding of anxiety and share some of the things that can help prevent it from becoming a problem.

To book any of the speakers and sessions listed below or discuss your requirements please contact: hello@thiscanhappenglobal.com. Webinars are **£1,350 + VAT** and In-person sessions are **£2,250 + VAT**

Xander Hough

- Lived experience of General Anxiety Disorder at work - and how employers can support staff experiencing anxiety.
- Anxiety within marginalised communities, how this can manifest itself and how best to manage this.

ABOUT XANDER

Xander Hough has dedicated over two decades of his career to understanding the human mind, starting with a degree specialising in social psychology, personality and abnormal psychology. He works as a senior Human Resources practitioner and private leadership coach helping leaders to better understand and harness the power of their employees. He is a global speaker and writer on mental health, sharing not only his scientific knowledge but his raw and honest first hand experience of General Anxiety Disorder, Depression, Post Traumatic Stress Disorder and Addiction.



Jackie Malton

- As the first female lead of The Flying Squad for the Metropolitan police, Jackie can speak about how high levels of pressure at work can lead to anxiety, alongside the anxiety-inducing impact that imposter syndrome can have upon employees at work - and how to overcome this.

ABOUT JACKIE

Jackie Malton was the first female lead of The Flying Squad for the Metropolitan police. As a gay woman breaking the mould in a male-dominated industry, she turned to alcohol as a way of coping with the stresses of her job. She was the inspiration for the character of DCI Jane Tennison in the Prime Suspect drama.



Events

Research
& Insight

Peer-to-Peer
Support

Speakers
Experts &
Storytelling

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Emily Her

- **Managing anxiety at work, and striking the correct work / life balance for you.**
- **Supporting a colleague with anxiety and creating safe spaces at work.**
- **Managing and overcoming imposter syndrome.**
- **US-specific perspective and relevance.**

ABOUT EMILY

Emily is a graduate from the University of Chicago, a management consultant at a top global firm, a UN-recognised artist, and a champion of mental health in high-functioning communities. She is the author of "Everything I Leave Behind For You", her book sharing the raw and vulnerable experiences of her struggles with mental disorders and mental hospitals. Emily grew up in the Silicon Valley of California among Asian-American communities that did not address mental health, and with a history of depression, anxiety, eating disorders, and personality disorders, she is starting conversations within high-achieving communities about how to normalise mental health awareness.



Beth Glanville

- **As a psychotherapist and former in-house trauma specialist for TfL, Beth can speak about how to tangible support staff experiencing anxiety, and how these intersect with other mental health challenges, such as depression, bereavement, relationships and abuse.**

ABOUT BETH

Beth Glanville is a UKCP registered, trauma-specialist Psychotherapist and Supervisor. She is undertaking Doctoral study in the field of trauma, alongside her clinical practice. Beth is setting up the Trauma Service with MumsAid, a perinatal mental health charity based in SE London, and working in private practice. Beth also lectures and supervises trainee therapists, and is the co-Editor of the online journal Contemporary Psychotherapy.



Minal Mahtani

- **Lived experience of managing anxiety at work.**
- **How to support members of staff with anxiety and Obsessive Compulsive Disorder.**
- **Asia-specific perspective and relevance.**

ABOUT MINAL

Minal Mahtani is the CEO and Founder of OCD & Anxiety Support Hong Kong, a registered charity (91/16212) dedicated to supporting, educating, counselling and being a resource to adults and teenagers who are affected by Obsessive Compulsive Disorders and Anxiety Disorders. Minal has received training in Cognitive Behaviour Therapy and Acceptance Commitment Therapy and possesses degrees in Psychology and Education. Minal is a Mental Health First Aid Instructor and Stress Management Yoga teacher. She is dedicated to mental health advocacy. OCAHK is a global partner of the International OCD Foundation (USA).



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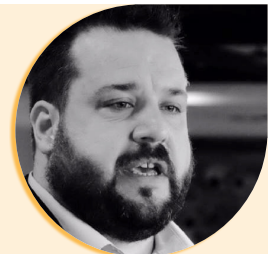
Nick Elston

• Talking Anxiety

In this powerful, insightful & inspirational session - Nick shares his own experiences of Mental Illness (OCD, GAD), Mental Health challenges, adversity combined with his 'lived experience' insights on how we can manage anxiety, boost our resilience & begin to live a 'life on our terms' - personally & professionally. This is Nick's signature talk & redefines 'Mental Health' - shattering the stigmas & inspiring you through the challenges you have experienced.

ABOUT NICK

One of the highest-profile and leading Inspirational Speakers on the Lived Experience of Mental Health, as well as a Speaking Coach focussing on 'Emotional Storytelling'. Described as a 'BIG man, BIG heart, BIG story & BRUTAL honesty!', 'Utterly inspirational, absolutely engaging!' and '10/10 - a Speaking Masterclass!' - Nick shares his experiences of Mental Illness, Mental Health & Breakdown - through his powerful, inspiring, engaging & emotional talks. Most importantly, Nick shares his 'Lived Experience' through insights, tools, tips and techniques on how to manage Anxiety in Life, in Business - to implement immediately. Unique & unlike any other mental health or wellbeing initiative or seminar you will have attended!



Charlotte Armitage

- **Recognition of the function of anxiety, where it comes from and why we feel it.**
- **Recognition of different attitudes towards environmental stressors, everyone has different coping strategies which fit into the different narratives that we hold in life.**
- **The role of the media in exacerbating anxiety; doom scrolling, limiting screen time, fake news.**
- **Techniques for managing our mental health throughout traumatic times: Maslow's Hierarchy of needs.**
- **Cognitive behavioural techniques for anxiety; Grounding techniques, mindfulness, sensory grounding, breathing, exposure techniques.**
- **The importance of compassion towards ourselves and others.**

ABOUT CHARLOTTE

Charlotte is a psychologist and psychotherapist, specialising in the Film & TV Industry, particularly, psychological duty of care processes in production. She is a registered psychotherapist with the British Association of Counselling and Psychotherapy (MBACP), an accredited counsellor with the National Counselling Association (MNCS Accred), and an accredited business psychologist holding principal practitioner status with the Association of Business Psychologists (PPABP). Charlotte is currently working part time in the NHS in neurological rehabilitation, within the clinical neuropsychology team, as part of her Professional Doctorate in Counselling Psychology, which she will complete in 2021. With practices on Harley Street, London and Kirkstall Road, Leeds, Charlotte works with clients in both the North and South of the country. She also works on-set in the UK and internationally where required. Charlotte is a member of the Media Ethics Advisory Group for the British Psychological Society (BPS) and is involved in developing policy and regulation for those working in the media. She was awarded a Fellowship of the Royal Society for the Encouragement of Arts, Manufacturers and Commerce (FRSA) in 2019 for her widespread contribution to the Film & TV industry. Charlotte was recently named by Business Insider as one of the top ten BAME female entrepreneurs in Europe to watch in 2020.



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Rebecca Galustian

- High Functioning Anxiety
- An introduction to what anxiety is
- How it affects us cognitively, behaviourally and physiologically
- What constitutes healthy and unhealthy anxiety
- How high functioning anxiety manifests
- The problem of high functioning anxiety and perfectionism
- The importance of maintaining awareness of your anxiety
- Perfectionism - what is healthy and what is unhealthy?
- How to target unhealthy perfectionism
- Accessing professional help.

ABOUT REBECCA

Rebecca has fifteen years' experience working as an individual and group therapist within a range of settings including the private sector in a psychiatric hospital in Central London, The NHS, forensic services, addiction recovery programmes and within schools with adolescents. After initially training as a Humanistic Psychotherapist, Rebecca retrained as a Cognitive Behavioural Therapist at Goldsmith's University of London where she gained an MSc in Rational-Emotive and Cognitive Behaviour Therapy. As well as working as a therapist Rebecca also worked at Goldsmith's University of London for a number of years where she taught and supervised the students completing the MSc RECBT. Rebecca has extensive experience in the treatment of many general psychiatry conditions including anxiety, depression, panic disorder and OCD. Rebecca also has particular interests and significant experience in the management of anger, a topic in which she completed research, the treatment of addictions, phobias and work related stress.

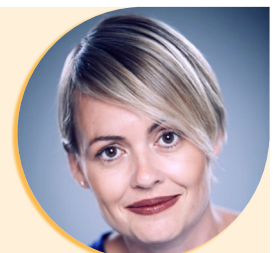


Dr Chloe Mitchell

- Understanding Anxiety
- Understanding when Anxiety becomes a Mental Health issue
- What is GAD (Generalised Anxiety Disorder)
- Coping strategies for Anxiety in the workplace
- Supporting a colleague coping with Anxiety.

ABOUT CHLOE

Dr Chloe is a leading UK based Chartered Counselling Psychologist, a published author and an Associate Fellow of the British Psychological Society with HCPC Registration as a Counselling Psychologist Practitioner. She has a life-long passion for mental health. Her pioneering approach to healing Grief has been recently published in the academic world and Dr Chloe teaches this approach on a number of Doctoral Counselling Psychology Courses. In September 2016 Dr Chloe was appointed as the Clinical Lead for the Overcoming Grief app, which she authored for the Digital Mental Health experts Minds for Life. This app is now available on the Apple Store.



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Balwinder Hunjan

- **Understanding stress and anxiety and understanding symptoms**

It is inevitable that at times we feel worry or stress. This webinar delves into understanding what symptoms can present when you feel stress and anxiety and how to manage symptoms with effective strategies.

ABOUT BALWINDER

Balwinder is committed to helping support individuals to achieve emotional and psychological wellbeing. Over the years she has worked with adults, children and families and within organisations such as schools, charities and private organisations. Clinical Therapy Group was setup with a selective group of professionals to deliver these services. The aim of the organisation was to provide mental health support to the community with mental health professionals such as psychotherapists, psychologists and psychiatrists. She has worked in the domestic abuse field for over 14 years. This work has entailed working with victims of domestic abuse, police, children services, family courts and schools. Balwinder has provided domestic violence training to employees in various organisations and charities and currently with NHS England to deliver psychotherapy services to women who have experienced female genital mutilation. Her experience and work with individuals started earlier on in life. Through her own personal experience with self and others, she has wanted to understand the importance of seeking connection with others. Having spent most of her life in two different continents, understanding self and relationship with others, the impact it had on her life is important. Being an ethnic minority and trying to understand belonging and connectedness, the impact it had on her emotional and psychological wellbeing has spurred her to study and work in this field.



Nick Jemetta

- **The perils of saying 'yes' (personal story touching on mental health & burnout)**

- Why we struggle to say no (fear of conflict, mental health stigma)
- Why we should learn to say no more often (the benefits to individual & business - focus, time, energy, productivity, wellbeing)
- How to say no (self-care, setting boundaries, supported by mentally healthy cultures & leadership role modelling)
- Q&A.

ABOUT NICK

Nick 'Fancy Dress Dad' Jemetta is the founder of Stories Matter. Nick is a multi-award-winning mental health campaigner, speaker, and trainer. He is on a mission to show that we are more than our mental health. Nick's inspirational journey from anxious teenage introvert to business owner is an uplifting, powerful story of hope and positivity. He knows how to build mental resilience through a proactive approach to wellbeing. His work campaigning for transformational change to create mentally healthier workplaces led to him winning the 'This Can Happen Future Leader Award' in 2019. The judges described Nick as; "an inspiring leader and change agent, with relentless energy to make a difference in people's lives. Nick is living proof that change is possible." Nick is a Mental Health Trainer for Chasing the Stigma, and a Stability Network Leader.



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Faye Potter

- **Anxiety and CBT**
- **Stress management and resilience building**
- **'Taking back control in daily life' – and how this can tackle anxiety.**

ABOUT FAYE

Consultant working with individual professionals, entrepreneurs, start-ups and larger businesses supporting them to achieve their full potential by providing realistic, sustainable solutions for managing stress, anxiety and building resilience in the workplace. For more than 20 years, Faye held roles in sales, commercial strategy, and senior leadership across a variety of industries. She has now qualified in Cognitive Behavioural Therapy, NLP, Workplace Wellbeing, Occupational Psychology, Training and Coaching.



Dr. Elizabeth Michelle

- **How to engage people at work with mental health**
- **Anxiety in Gen Z and millennials**
- **How to build resilience**
- **Neurodiversity and anxiety.**

ABOUT ELIZABETH

Elizabeth has worked with adults and adolescents extensively surrounding cognitive, behavioural, social and emotional struggles. She has had experience working with anxiety, depression, relationship issues, trauma and social skills development. With an Undergraduate Degree and M.Phil from the University of Cambridge, Qualified Teacher Status and a Doctorate in Psychology, she has a strong academic backing to her work.



Chris Calland

- **Supporting your Child to Manage Feelings of Anxiety**

The last two years have been challenging for all of us. We know that before the pandemic the number of children with anxiety was on the rise, and Coronavirus has made the problem far worse. After such a tricky time, many children are finding it particularly difficult to cope with their feelings of worry and parents are looking for ways to help them manage their anxiety.

Does your child become tearful and stressed very easily? Do they struggle to sleep or relax? Are they missing out on events because of their worries?

In this session parents will;

- Learn how to spot the warning signs of high anxiety
- Consider a pro-active approach to building resilience
- Look at healthy coping mechanisms for children to try
- Take away practical strategies to support children to manage their own anxiety.

ABOUT CHRIS

Chris Calland is a behaviour consultant who has over 25 years' experience of working with children, schools and families. Originally a teacher, she then spent many years working for Bristol Local Authority as a specialist advisor on children's behaviour and mental health before creating her independent consultancy, 'Not Just Behaviour' in 2007. Chris works in schools, universities and businesses, and trains nationally on all aspects of behaviour management and children's mental health. She also supports families, provides individual consultations and runs parenting groups and seminars. She is an author and published her 3rd book, 'Tackling Anxiety in Schools' last year. As a passionate campaigner, she appears frequently in the media discussing children's behaviour, parenting matters and mental health and wellbeing. In 2012, she received a parliamentary award in recognition of her work. Chris is a parent herself and lives in Bristol.



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Audrey Tang

- **Practical positive psychology to manage anxiety and boost joy**

Learning objectives:

- Manage the negative effects of stress at the point of crisis
- Practice tools to build your mental and emotional fitness
- Clear headspace in order to flourish.

ABOUT AUDREY

Audrey is a Chartered Psychologist (CPsychol), and award-winning author - "The Leader's Guide to Resilience" 2021 (prev. The Leader's Guide to Mindfulness" (Pearson & FT, 2018) and "Be A Great Manager - Now" (Pearson, 2016)) with a focus on practical self improvement. She hosts podcast 'Retrain Your Brain for Success', The Wellbeing Lounge on NLiveRadio, and "Psych Back to Basics" for DisruptiveTV. She's the resident psychologist on Channel 4's "Don't Diet Lose Weight", and The Chrissy B Show (Sky) the UK's only TV programme dedicated to mental health and wellbeing. She offers expert comment as a psychologist spokesperson through TV, Radio and published media, has collaborated with various brands (inc. IHG group; Kitt; WATG) bringing psychological insights into their lifestyle campaigns, and speaks at National and International conferences in the fields of resilience, leadership and team cohesion. Audrey is a qualified teacher (QTS), CPD accredited trainer, Leadership Development coach (ICF), and FIRO-B profiler, and regularly delivers webinars & lectures offering accessible and effective tools for personal and professional success.



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Webinars are **£1,350** + VAT and In-person sessions are **£2,250** + VAT.

ABOUT THIS CAN HAPPEN

This Can Happen supports employers and employees across the world to create a positive environment for good mental health in the workplace.

