

# **Patricia Elliot**

**Founder at MindCircles**

Glasgow, Strathclyde, GB

Author, Inspirational, Motivational Speaker, Broadcaster, Blogger, Vlogger, Academic Examiner

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## **Biography**

Patricia has extensive legal and psychological knowledge and also plays piano and violin. She participates in radio and television programmes, often taking part in acting roles for a local writers/actors/directors group through Write Camera Action. She also writes articles for professional journals. Patricia examines in law and business for various professional institutes including Chartered Institute of Purchasing & Supply [www.cips.org](http://www.cips.org); Association of Business Executives [www.abeuk.com](http://www.abeuk.com) and ifs School of Finance [www.ifslearning.ac.uk](http://www.ifslearning.ac.uk). She has also been a tutor at Open University residential summer schools for many years [www.open.ac.uk](http://www.open.ac.uk). In a world where people are increasingly expected to be and even accepted as 'the competitive edge', any idea that seems to offer the possibility of enabling them to develop and improve their lives and the lives of others is likely to raise a great deal of interest. When Patricia realised that her own self imposed programme worked so well, her vision was clear - the result is this book and its associated program CircleSafe/Qvolution. Her training and workshops invigorate and inspire. It has taken Patricia a huge amount of time and effort to convert her own ideas into the services she offers clients. Her aim and that of Mindcircles is to enable every person - whoever they are - to benefit from years of experience and fine-tuning. Patricia's approach to stress is one of stress prevention for individuals, with a focus on personal development and overall well-being coupled with legislative compliance for organisations. Her vision is to provide techniques and strategies to self empower and improve the lives of everyone. Towards that vision, Patricia reviewed her own life and over the years, spoke to many individuals to identify how they dealt with life's challenges. She realised that those who coped best, including herself, had certain attributes which they used to not just cope but also improve their lives. - Patricia inspires people to believe in themselves?.

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## **Availability**

Keynote, Moderator, Workshop, Host/MC, Author Appearance, Corporate Training

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## **Industry Expertise**

Corporate Leadership, Entertainment, Health and Wellness, Corporate Training

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## **Areas of Expertise**

Inner Success & Happiness, Personal Development, Stress Prevention/Management, Realising Your Potential

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## **Affiliations**

## **Sample Talks**

### **7 Attributes for Success (Inner Success & Happiness)**

Based on her published book 7 Attributes Patricia interacts with audiences describing the seven attributes and providing tips and tools for enhancing personal development and overall well-being. Patricia's approach to stress is one of stress prevention for individuals, with a focus on personal development and overall well-being coupled with legislative compliance for organisations. Her vision is to provide techniques and strategies to self empower and improve the lives of everyone. Towards that vision, Patricia reviewed her own life and over the years, spoke to many individuals to identify how they dealt with life's challenges. She realised that those who coped best, including herself, had certain attributes which they used to not just cope but also improve their lives. Audiences love her approach which is friendly and engaging and the room is often filled with laughter at her stories of her challenges (personal and business) and her successes.

### **Burns Supper Ladies Address**

Caledonian Club, Belgravia, London

### **Realising your true potential**

Ayrshire Association of Business Women - keynote address

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## **Event Appearances**

### **Title**

Scottish Executive ? Ministerial Networking

### **Title**

Stress Prevention and H & S Compliance

### **Title**

?Inspire Succeed? - Strathclyde and Glasgow Schools 2002 to 2005

### **Title**

Research on Stress and Personal development

### **Title**

A revolutionary online approach to personal development and prevention of stress ? Internet World UK Exhibition

### **Title**

7 Attributes for Success

**Title**

Business Effectiveness ? Entrepreneurial Day

**Title**

Tips & Tools for Successful Living - enhancing your lifestyle

**Title**

Keynote Address/Judge - ?Young Entrepreneur of Year Awards? ? Royal Dutch Shell Live Wire

**Title**

Inner Success & Happiness (How to achieve this)

**Title**

?How to realize your potential? ? Sunterra International Conference

**Title**

Up to date Research on Inner Happiness & Stress Prevention

**Title**

Achieve Success in your Business ? Scottish Enterprise

**Title**

Proven Psychological Techniques for stress prevention & management (overall well-being)

**Title**

?Q ? James Bond? IOSH ? Occupational Health Conference

**Title**

Achieving Business Success - focus on your vision - Chamber of Commerce Conference

**Title**

Parliamentary Reform on legislation 1990s

**Title**

Leadership & Achievement ? AIESEC International Conference

**Title**

Entrepreneurial Achievement ? Personal Enterprise Show

**Title**

?Can Online Stress Intervention Strategies help??

**Title**

Successful Networking - Keynote Address

**Title**

Teachers Project ? How Stressed is your School?

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**Education**

**Glasgow University**

LL.B Law

**RSAMD**

LRAM/ARCM Music

**Strathclyde University**

P.Grad Education (FE/HE) Education

**Glasgow University**

M.Phil (Psyc) Psychology

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**Accomplishments**

**John Logie Baird**

Short listed for Inventor of Year Award for my stress measurement program

**Open University**

Psychology Lecturer/Tutor - Residential Schools

**ifs University College**

Corporate Relationship Examiner & WBL Associate Lecturer

**CIPS**

Legal & Strategic Supply Chain Management Examiner

**BPS**

Graduate Registration with British Psychological Society

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**Testimonials**

**LS**

Dear Pat ? The ABC have helped me overcome two major ?mind blocks? this week and I am so chuffed I just had to share! Thank you so much for giving me these marvellous tools. At Bath the card I picked at the start of your talk was ?resilience?. A couple of days ago I came across the phrase ? the opposite of depression is not happiness it is resilience?. Isn?t that amazing? Or maybe it?s, as my friend Frances calls them, a God-incidence. I?ve often been bowled over at how things seem to come together and fully believe that things happen for a reason. I find this a great help, especially when things I perceive as bad happen. Your feel-good tips are always helpful and I?m ?spreading the word? among those who can benefit. Thank you again Louise

**James Fairbairn**

Your carefully crafted and well-delivered speech was a perfect foil to Dennis?s and rounded off the evening nicely. It was a fine effort, much appreciated, and many, many thanks. James Fairbairn, Chairman of Burns Committee, The Caledonian Club, Belgravia, London

**Ian Campbell**

Thank you for your excellent reply on behalf of the lassies at our Burns Supper at The Caledonian Club, Belgravia, London. Ian Campbell, Secretary

**Claudia P**

Thanks for your email, which is came at just at the right time??.. .. thank you for making Sussex special and for giving me hope. I realised talking to your just how important resilience is in making a difference to the quality of the life you live. Like you I have been through ?..lots of life issues. Resilience is what keeps us going?. the bounce back factor. You are an amazing woman and I feel honoured to have met you. What I will take away from your book is the fact that visualisation is not only about the visual but is also about all the senses. Thank you for that?? Claudia P.

**Donna M**

CCA, Sauchiehall Street, Glasgow for WCA ? Patricia did stand-up comedy ? a challenging role to appear before actors, writers, producers and directors in the creative industries! Thoroughly enjoyed your Peter Kay raconteur style ? thanks for making us laugh DM

**Pamela Madden**

?Thank you Pat for your talk. Inspirational! and as for your short meditation ? I could have listened to your voice for hours?. Pamela Madden

**Carol Ann Morris**

?Just wanted to say thank you for being one of our panel members at last night?s event. The evening went very well and I know that I enjoyed your funny moments and experience that you shared with the audience. Thanks for your contribution to this event as your comments were not only relevant but very true in some cases. The event overall was successful, as has been evident from the feedback received so far from those in attendance. Thanks again for taking part and I hope you enjoyed the event. Carol Ann Morris

**Diane Holden**

What a great evening and thanks in no small part to you! Again thank you for last night I firmly believe everyone in the room will have come away more energised, with more belief or simply with a short list of tasks and goals to set themselves. I certainly did, and with the added bonus of your book for free so I can refer back any time I want! I hope we meet again and get a chance to chat for longer, although I would also gladly sit in an audience and listen to you again!? Diane Holden, Freelance World

**Nikki N**

?This is just a quick note to say thank you for a lovely evening at AABW last night. I felt myself to have some affinity to your life story?.. I have had a vast array of experiences, projects and jobs?.together with various academia years as a mature student?? and a desire to write all my life. My passion for writing was finally fulfilled 3 years ago??..After a year or so of?.. regrouping, I am now back in business? and last night was my first taster of being back in a networking environment. Hence, it was so nice to hear from you when I could identify so readily with much of what you said. I do so look forward to reading your book and I thank you, again, for your most interesting talk.? Nikki N.

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