

Simon Raybould

Speaker - emotional resilience at Simon Raybould Speaking

Newcastle, , GB

Speaker on emotional resilience and personal robustness... and stress, obviously!

Biography

I'm not a WIKI-speaker (What I know Is..). What I say is based upon research and the evidence of ongoing university research - tried and tested in the real world. You won't get just sob stories and exhortations: you'll get tools for how to handle things. Tools that have been researched, that have been tested and that have been proved to work. But that doesn't mean I'm an academic! Honest! I've worked as a performer for years too, and a trainer, so I understand how both entertain and how to make things interesting enough to stick! I live in Newcastle, UK, with my wife (and two kids when they come back from university). By way of hobbies, I'm into reading, theatre-going and I'm a fairly proficient fire-eater!

Availability

Keynote, Moderator, Panelist, Workshop, Author Appearance

Industry Expertise

Professional Training and Coaching, Business Services, Corporate Training

Areas of Expertise

Emotional Resilience and Emotional Robustness, Stress and Stress Management, Anxiety Issues, Confidence and Happiness

Sample Talks

Bamboo and Oak

A conference keynote presentation on how to stay strong and keep going when everything is against you and everyone thinks you're the bad guy!

Event Appearances

Bamboo and Oak

Authority redevelopment

Education

Accomplishments

Bamboo and Oak

Bamboo and Oak is my newest keynote presentation. It's a collection of tools and techniques for 'dealing with the crap' of life! :) It went live in the summer of '11 and within only two months had gained such a reputation that I headlined the Northern HR Briefing - generally considered the be on of the headlines for HR staff in the UK!

The Little Big Voice Book

My first non-academic book was published quite a while ago now. It's an entry-level book on how to use your voice for people who use their voice professionally... such as teachers, trainers, priests, actors and so on...

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