



Ross is a freelance speaker and mindset author with over 30 years' experience within education. He has worked in over 1,000 schools and engaged with over 500,000 young children and staff. His areas of focus are Wellbeing, Emotional Confidence, Behaviour Management, Pupil Engagement, Mindsets, Staff Motivation and Change Management.

At today's Conference, Ross will address delegates on the issue of Staff Wellbeing. Ross will identify stress flashpoints, offer a measurement tool to quantify current stress levels and provide short and long-term strategies to improve wellbeing.

Ross has made the session bespoke as he has canvassed the views of school business managers. He has created guidance and support ideas which should strike a chord with members and provide many helpful takeaway ideas which staff can implement into their daily professional lives. Ross often delivers information in an interactive manner – so watch out!

Ross not only speaks from a position of authority as he is accredited by Mental Health First Aid England, but has had his own stress challenges having suffered a series of panic attacks over recent years. His unique viewpoint helps him connect with his audiences.

**Ross McWilliam** *BA Hons, MSc, PGCE, Dip Man*