

## Bios of our speakers for Self-care, resilience and preventing burnout

25/11/2020 1900-2030 hours via Zoom



### Miriam Fine

Miriam is a transformational life coach and lecturer at Queen Mary University of London (Bart's & the London Medical School), leading on Communication Skills and Quality Improvement for the Physician Associate Studies MSc. She started out professional life as a junior doctor, before discovering a love for education and for helping individuals and teams work out their inner challenges in order to build fulfilling and connected working lives. Her own approach to self-care is centred around building connection - with self, others and the world around us, in order to remain grounded. [www.miriamfine.com](http://www.miriamfine.com), Twitter @fine\_miriam



### Sudhir Daya MCSP - The Life Architect

The Life Architect is a human potential & behavioural science consultancy offering life and executive coaching and training that aims to empower people to design and construct the lives they want to live. It specialises in life vision and fulfilment and has a current focus on EDI. [www.thelifearchitect.co.uk](http://www.thelifearchitect.co.uk), Twitter @sudhir\_daya



### Emma Wadey RN MH

Emma is a mental health nurse with over 20 years of experience across a wide range of health, emergency care and criminal justice settings. She is currently Head of Mental Health Nursing NHSE/I National Clinical Lead COVID-19 Mental health, Learning Disability & Autism Response cell and continues to work as a consultant Nurse in a local Psychiatric liaison service.

A lived experience of the impact of suicide, she has focused her clinical work on the treatment of complex trauma, self-harm and suicidality. Emma is leading the national program of work on reducing suicides in

Nursing and Midwifery and is a member of the expert advisory group and Nurse representative on the design and implementation of an enhanced mental health and wellbeing offer for healthcare staff. Twitter @NursingEmma