

MINDFUL EMPLOYER Workshop Facilitators

Determined by appropriate experience and availability, most workshops are delivered by two of the following:

Andrea Adey is a Chartered Member of the CIPD with 20 plus years' experience of HR Generalist Work and Learning and Development. She has a wealth of experience in managing short and long term absence, which has often included dealing with employees with mental health issues, so she has a good understanding of the challenges and issues faced both from an employee and employer perspective.

Lynn Aggett qualified as an Occupational Therapist (OT) in 1990. Since that time she has worked as an OT within a variety of mental health settings, in-patient and community mental health, working with adults of working age and older adults. She has been working as an Employment Specialist with Workways since 2005 and has been involved in facilitating the MINDFUL EMPLOYER initiative. Currently Lynn works as a Team Lead for the Supported Employment team at Workways, supporting people in to employment using the individual Placement and Support approach. Throughout her time she has been involved in delivering a variety of training to both employers and supporting organisations.

Emily Davey has a background in education having completed her PGCE in Post-Compulsory Education and Training in 2005. After a few years teaching at Exeter College, Emily changed her focus to working within Mental Health education; as a trainer and librarian for the Devon Recovery Learning Community. She has recently come on board as a trainer for Mindful Employer and in all her roles, enjoys using her professional and personal experience to work with people from all walks of life.

Richard Frost has worked in the field of employment since 1979, specialising in helping people with disabilities. Richard has specialised in mental health since 2002 when he joined Devon Partnership NHS Trust although his interest in that particular area dates back many years and is linked to personal experience. He is the Employment Specialist Team Lead for the Job Retention Team at Workways and also leads the MINDFUL EMPLOYER initiative. He graduated with an MSc Vocational Rehabilitation through Sheffield Hallam University in 2012.

Kim Hewett has worked and studied in the area of mental health since 2001. Since that time, Kim has worked in a variety of settings including residential acute care, community support and employment support. Kim has been working with Workways since 2006. She has completed various courses and workshops, including PTTLS, Support Time & Recovery Worker and Certificate in Health and Social Care. Kim currently works as our Training Co-ordinator and enjoys drawing upon her professional and personal experiences to help people better understand the area of mental health and wellbeing.

Sarah Johnson qualified as an Occupational Therapist in 1981, and has worked in mental health services in the NHS, teaching and research in higher education and latterly as part of a University Staff Occupational Health team. She recognises the importance of good physical, mental and spiritual health and wellbeing and the challenges we all face in our busy modern world in order to remain healthy and well at work. Sarah graduated with an MSc Rehabilitation Studies through Southampton University in 2002.

Gavin Lee has over 13 years of supporting people in recovery to gain and/or sustain employment; 12 years with working within, then progressing to manage a team in a social enterprise, before joining Devon Partnership NHS Trust. Within this time he has undertaken various courses and workshops, both academic and 'in-house' training (Introduction to Counselling, Mental Health First Aider, Support time and recovery worker, amongst others). He is educated to Postgraduate level, with a BSc (Hons) in Psychology and a Post Graduate Certificate in Education (PGCE).