

# DNA Definitive

## Engaging your talent

### Health

"If there is one thing that I will remember about the rather busy conference it is Andy's talk." Professor Lalit Kalra C, H Kings College London

"Paul is the only man I know who is able to make complexity theory: simple, funny, entertaining but most of all practical!" Dr Mark Stacey, Consultant Anaesthetist and Associate Dean of New Initiatives, Cardiff University Medical School

*"Andy was Key Note speaker at our first Wales Men's Mental Health Conference. He closed the event with an enlightening, thoroughly enjoyable and accessible insight into mental health issues facing high performing individuals."* Janette Kearns, Mental Health Matters Wales

'I thoroughly enjoyed and got a lot out of the training that Dr Paul Thomas provided, his approach was exemplary and through his expert facilitation, he enabled the team to develop innovative concepts to support operational and organisational change in our workplace'. Paul Underwood Deputy Director & Head of Operations, Stroke Association Wales

"Andy's session showed myself and my colleagues a way of how to take our organization forward." Vicki Goodwin, Chair, AGILE, Chartered Physiotherapists Working With Older People

"Paul is highly perceptive and will challenge your concept of the norm, yourself, and the way your organisation runs" Bevanny Swanson, Stroke Association

"Andy was energetic and wonderfully animated during his talk. I know that Andy inspired many of our service users and I would highly recommend him". Marsha Miles Deputy Manager Somerset Mind

"Andy's talk was quite simply the best motivational advice I have heard." Jayne McDougall, Healthy Lifestyle Co-ordinator, Balsam Project

"Andy, your professionalism, expertise, knowledge and humour all contributed to a well-staged, thoroughly enjoyable experience for all our members and staff who were present at the motivational workshop." Ava Easton, Development Manager, The Encephalitis Society

"Andy is an excellent speaker and the interactive nature of the session ensured full participation from the audience, even those who would not normally join in. I would recommend Andy to speak at any meeting as he is able to tailor the topic to suit the audience and this is an enviable skill." Kirstie Moons, Associate Director for DCP Education, Dental Postgraduate Department, Cardiff University

"Inspirational. With Andy's relaxed and modest manner, light hearted comments and easy to understand images and allegories his points are accessible to all." Louise Bennett, Fundraising Manager for Wales, The Stroke Association

"Andy was energetic and wonderfully animated during his talk. I know that Andy inspired many of our service users and I would recommend him to speak for your group too". Marsha Miles Deputy Manager Somerset Mind

"I thoroughly enjoyed the session Andy delivered; it was very interesting and light hearted. He engaged with the group well and adapted his material to meet the needs of the group as a whole. I would recommend Andy's sessions to any group who are looking for an alternative twist than the usual seminars used at team meetings." Anna Barrett, Dental Nurse Training Officer, University Dental Hospital Cardiff and Vale NHS Trust

"BIG THANK YOU for your very successful input this week. I really appreciated it and I know from the feedback from those attending that they also enjoyed it and were truly inspired." Lyn Siebermann, the Stroke Association

'Steve's stories put our own (quite trivial) issues and problems into a very real perspective. His pragmatic knowledge, experience and mesmerising delivery ensured that we all had useful take home messages that will enable us to solve our own performance issues.' Dr Mark Stacey

"Andy's talk was very informative and inspiring. It was delivered in a very friendly but professional manner and addressed the fact that the audience included both stroke survivors and stroke carers amongst the volunteers. I feel it was the highlight of our conference and am so glad that he was able to share your experiences with us." Jayne Sims The Stroke Association

"Excellent!" Dr Martin Lansley, Health & Wellbeing Co-ordinator Dyfed Powys Police