

**THE**  
**STEVENSON**  
**WAY**



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# Business Development Slide Deck



**WHO IS SCOTT?**

A blisteringly honest public speaker with a wealth of lived life experience covering PTSD, Bulimia, Suicide and all the baggage that comes with that type of journey.



The happiest clinically depressed person you will ever meet.



A proudly autistic parent to autistic children.



Authentic, compassionate and to the point he is not your average mental health speaker.



Scott has at various stages in his career been a terrible boy scout, an adequate soldier, outstanding police officer as well as a square peg in a round hole for as long as he can remember.



A middle-aged man with short brown hair and glasses is shown from the chest up. He is wearing a light blue button-down shirt under a dark blue plaid vest with red and white lines. He has a thoughtful or questioning expression on his face, looking slightly to his left. The background is a soft-focus green, suggesting an outdoor setting with trees or bushes. Overlaid on the center of the image is the text "WHAT DOES HE DO?" in a large, bold, white, sans-serif font.

**WHAT DOES  
HE DO?**



1 You won't get the usual, typical presentation.



3 He uses his life story to put concepts like stress, resilience, anxiety and depression into context and help challenge the stigma and the wall of silence that surrounds these areas.



5 He encourages others to take the first steps to better mental health and take responsibility for their own well being.



2 You will get the ground truth in honest, simple language your team can relate to on a truly human level.



4 He charts what worked and what didn't during his ongoing recovery and his journey to better mental health.

A middle-aged man with short, light-colored hair and glasses is leaning on a wooden railing. He is wearing a light blue button-down shirt under a dark blue patterned vest. He has a watch on his left wrist and a ring on his left hand. The background is a blurred green and yellow, suggesting an outdoor setting. The text "WHAT DO OTHERS THINK?" is overlaid in large, white, bold, sans-serif font across the center of the image.

**WHAT DO  
OTHERS THINK?**

“ Scott is a highly professional speaker. As a trauma therapist I am always looking for guest experts on my podcast Realistic Resilience. Scott is just the kind of guest I value. Highly experienced, no-nonsense and full of valuable insights that come from his lived experience of PTSD. He’s also a very decent human being. ”

**Olivia James**

[www.harleystreetcoach.com](http://www.harleystreetcoach.com)





Scott spoke at my **THINK** Resilience event. As a speaker he was the consummate professional. Articulate and knowledgeable. Most of all it was his authenticity that shone through. The audience loved him.



**Gary Doherty**

Think Network Founder and event organiser



# **SERVICE OFFERING**

# Public Speaking on lived life experience of mental health

## 10 minutes to full keynote addresses

### Keynote 1

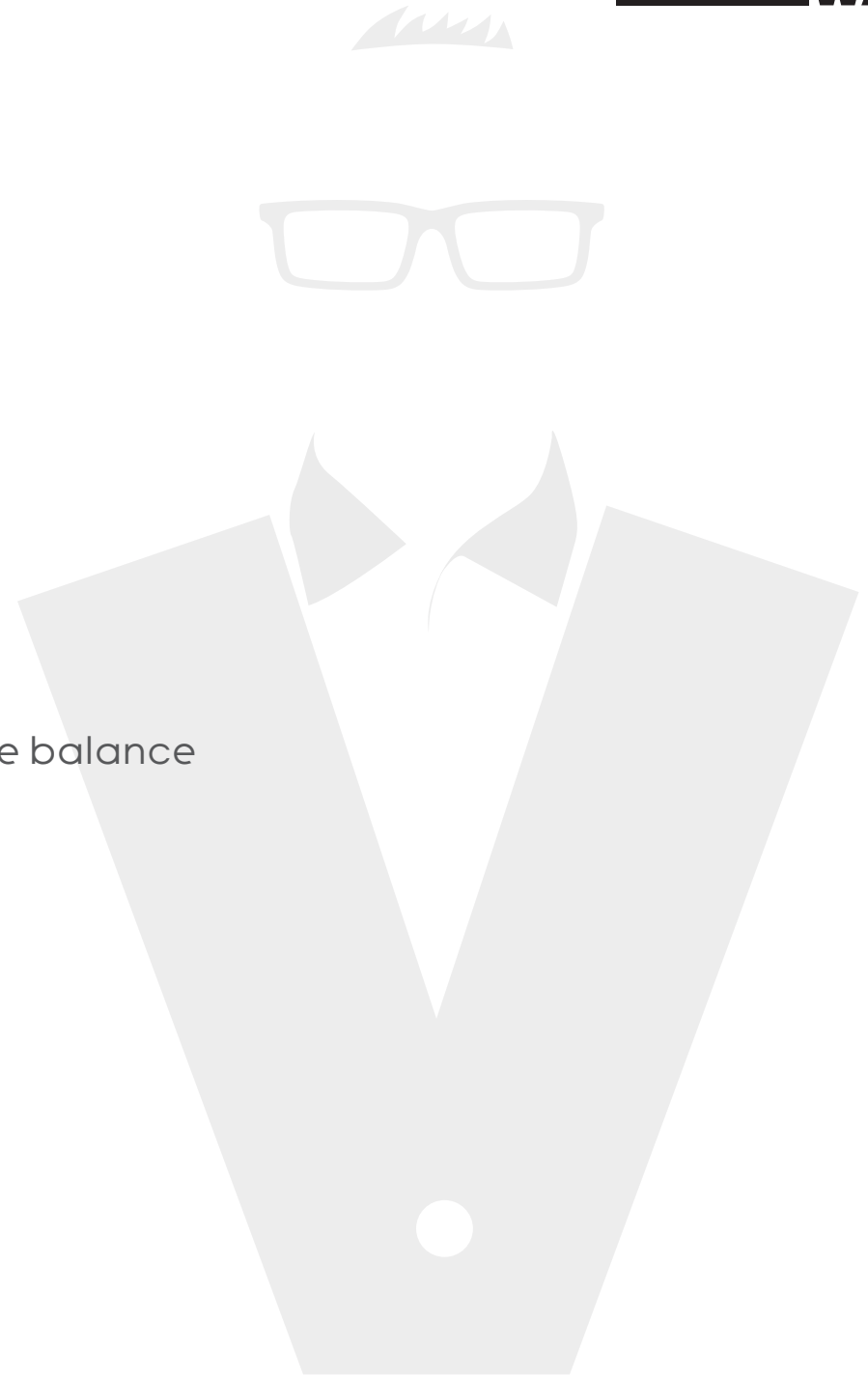
PTSD - Me, Myself and Him

### Keynote 2

Stress, Resilience and the modern myth of work life balance

### Keynote 3

Challenging stigma one conversation at a time



# Stress, Resilience and the modern workplace workshops

**½ or full day training workshops**

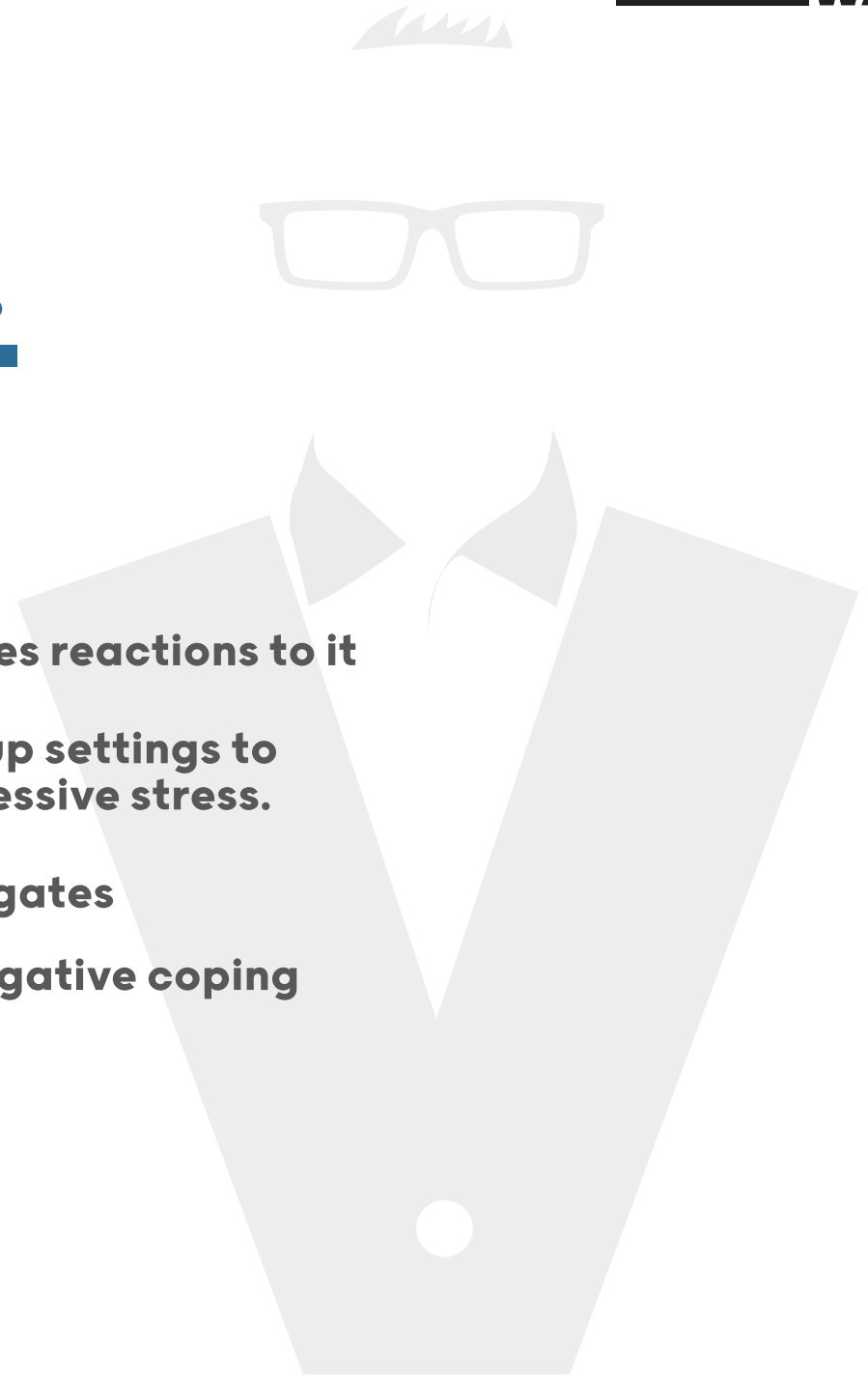
**Interactive hands on training**

**Explores the science of stress and the bodies reactions to it**

**Uses anonymised case studies in small group settings to educate and identify warning signs of excessive stress.**

**Introduces the stress bucket model to delegates**

**Introduces the concepts of positive and negative coping strategies using real life examples**



# Stress Buster Program

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**6 facilitated training sessions delivered over a timetable to suit the client**

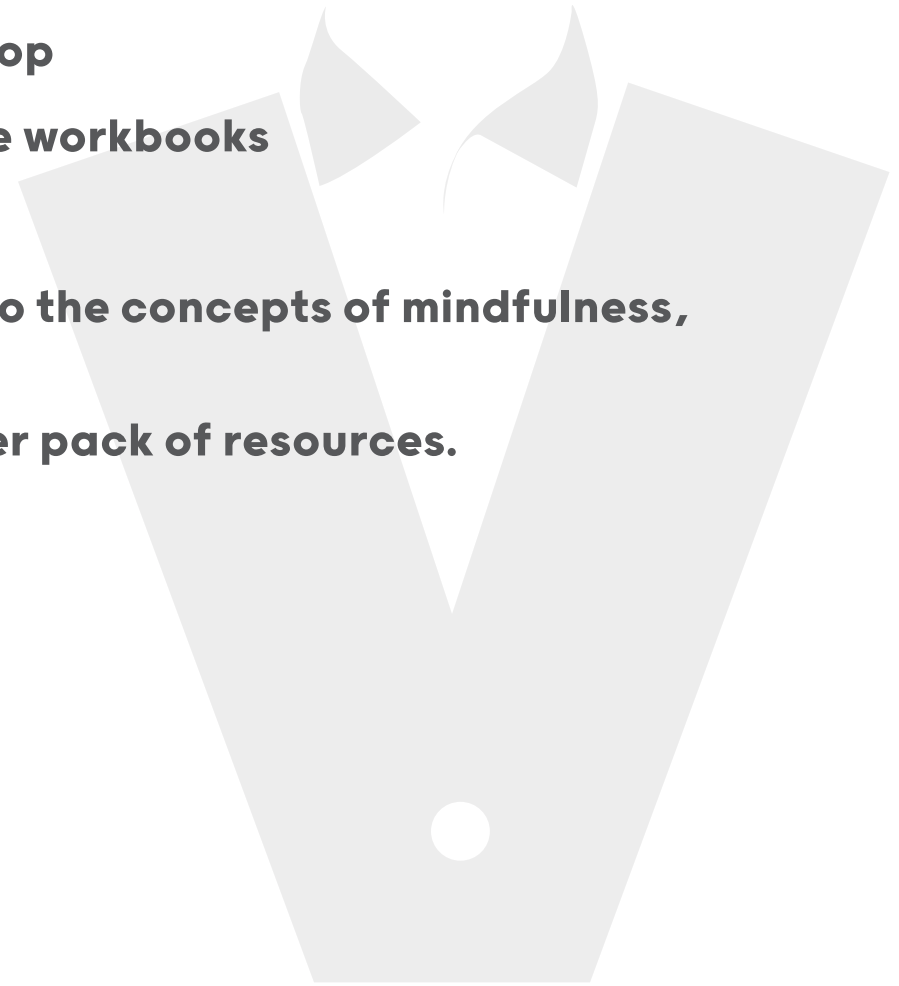
**Designed to lead on from the stress workshop**

**Interactive workshops supported by course workbooks**

**Looks in greater detail at sources of stress**

**Provides introduction and taster sessions to the concepts of mindfulness, meditation, gratitude and healthy living**

**Provides every delegate with a stress buster pack of resources.**



# Stigma Smash

**½ or full days training on stigma and unconscious bias in the workplace**

**Explores the difference between mental health and illness**

**Challenges stereotypes and common misconceptions**

**Introduces attendees to real people who face significant hurdles because of stigma**

**Provides awareness around such commonly misunderstood conditions as Autism, Attention**

**Deficit Hyperactivity Disorder (ADHD), Eating Disorders, Obsessive Compulsive Disorder (OCD) and General Anxiety Disorder (GAD) as well as discussing suicide and suicidal ideation**





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