John Perry is an inspirational speaker and originator of the *Three-Dimensional Approach to Stress Management*; an experienced teacher, counsellor, coach, university lecturer and Fellow of the Higher Education Academy.

John has published widely in the areas of stress management, counselling skills training, curriculum design and experiential learning, and led on numerous FE management and teaching development events.

John’s portfolio also includes a successful consultancy track-record as a well-being consultant to a number of world-class companies such as Sony UK, HSBC and Disney. He is currently a Principal Teaching Fellow in Healthcare Communication within the Faculty of Medicine at Southampton University.

**Recent Publications**


**Venue:** Mandolay Hotel & Conference Centre, 36 - 40 London Road, Guildford, Surrey, GU1 2AE