



Today's speakers

John Addis

associate Director, Chartered Financial Planner, Amber River True Bearing

John Addis, associate director and chartered financial planner at Amber River True Bearing has worked within the financial services sector since 1997 in a variety of advisory and planning roles.

As a chartered financial planner, John is a strong advocate of the value of long-term ongoing financial advice or 'lifestyle financial planning' helping people to plan for the future.

By being able to build a trusted relationship, John advises his clients on a regular basis, guiding them through life's potential pitfalls and watching their financial goals come to fruition.



Dr Adrian Wright

associate dean in the school of business, University of Central Lancashire

Dr Adrian Wright, associate dean in the school of business at the University of Central Lancashire, has undertaken research across many occupations and workplaces exploring the experiences of workforce.

He regularly talks and writes about issues relating to work and employment. He has appeared in several international and national media outlets including the BBC, and Al Jazeera and the Daily Telegraph.

He is also a regular commentator in local media including featuring in publications such as Lancashire Business View and the Lancashire Evening Post. Adrian is a Fellow of the RSA and an Academic Fellow of the CIPD.



Adrian Leather

CEO, Active Lancashire

Adrian Leather, chief executive at Active Lancashire, has worked in Lancashire for over 20 years, focusing his energy on making Lancashire a more healthy and equitable place.

His background is in community development and criminal justice, but his passion is in collaborating with other organisations to help them be more successful and innovative.

Active Lancashire is the strategic lead for sport and physical activity in Lancashire. They connect with like-minded local organisations and individuals to help bring about active lifestyles. Nationally they are one of the many Sport England-led active partnerships.



Ashley Alderson

head of sports and fitness, Burnley College

Ashley Alderson, head of sports and fitness at Burnley College, is a trailblazer in the industry. With a degree in health and fitness and a David Truman award for academic excellence, he's one of the UK's first master personal trainers.

Overseeing Fitness Evolution, Ashley collaborates with industry leaders like CrossFit and HYROX, attracting elite athletes and working with professionals like 3-time World champion boxer Nicky Burns.

His innovative approach and strategic partnerships make him a leader in fitness, driving success for Burnley College's sports programs.



Lisa Lewis

health and safety manager, The Senator Group

Lisa Lewis, group health and safety manager at The Senator Group, is an enthusiastic and creative individual with a diverse range of health and safety experience across many industries.

Lisa has strong regulatory background following time spent working for HSE, compliance auditing experience and now qualified as Internal auditor under ISO45001. She plays a leading role in the health and wellbeing of the teams at The Senator Group who are 2024 Red Rose Awards winners.



Cheryle Britton

founder, YOLO Wellbeing

Cheryle Britton is the founder and managing director of YOLO Wellbeing, a multi-award winning workplace wellness business, recognised for its innovative approach to improving the physical and mental health of employees.

Since launching the business in 2019, Cheryle and her team have supported over 6,500 business leaders and their employees.

An independent trial, overseen by the University of Central Lancashire and conducted with the Royal Lancaster Hospital's Accident and Emergency Team, confirms that their YOLO Experience Therapy provides significant improvements in mental health, reducing anxiety, stress, and burnout by up to 25%.



Sally Leech

training director, Henpicked: Menopause in the Workplace

Sally Leech, training director at Henpicked: Menopause in the Workplace and The Menopause Friendly Accreditation, has been collaborating with UK-wide and international organisations for over eight years.

Sally's mission is to facilitate the implementation of tailored training, policies, and practices aimed at raising awareness and support for menopause-friendly workplaces.

With a background in senior human resources management, Sally now combines her expertise with her passion for breaking the taboo of menopause in the workplace, educating and supporting employers, managers, and colleagues alike.



David Dunwell

CEO, Lancashire Mind

David is CEO of Lancashire Mind and has a strong background in the third sector, having previously served as the CEO of Fleetwood Town Community Trust and as the deputy CEO of Blackburn Rovers Community Trust.

Throughout his career, David has been involved in projects similar to those of Lancashire Mind, such as school programmes, employability initiatives, adult training, and mental health support sessions.

Lancashire Mind is a mental health charity that are passionate about leading the mental wellbeing revolution in Lancashire.



Dave Scholes

founder, Six Connections

Dave Scholes founded Six Connections in 2020 as a legacy for mental health change. Starting with one connection, their unique training model and creative range of conversation starting products, has resulted in thousands of positive connections across the globe.

Dave strives to make the conversations around all aspects of mental health a normal part of the every day life.

In 2024 Six Connections were awarded the Lancashire Business View Red Rose Award for Health and Wellbeing. They are #PoweredByMates.



Justine Forester

CEO, Advocacy Focus

Justine joined the Advocacy Focus team as chief executive officer in 2014 and has since transformed the organisation's culture into a female friendly and supportive environment that encourages and promotes the health and wellbeing of every single employee, as well as providing a platform for growth and development

In 2018, Justine won the Excellence in Engagement Award at the North-West Employee Engagement Group (NWEEG) Awards and in 2019, Justine won the Champion of Women Award at the Ex-Forces in Business Awards.



Paul Bradley

associate director, Service Care Solutions

Paul Bradley is associate director at Service Care Solutions, winners of the 2024 Employer of the Year Award at the Red Rose Awards. The business has over 100 staff members with a turnover of almost £60 million.

Paul joined Service Care Solutions as a trainee recruitment consultant in 2011, having previously worked supporting ex-offenders to find employment on release from prisons.



Stephen Robinson

founder and lead mental wellbeing coach, Its's Mental

Stephen Robinson is the founder and lead mental wellbeing coach at Its's Mental. He is on a mission to make wellbeing and mental strength a key foundation in everyone's daily plan.

Through Its's Mental, Stephen champions life balance, guiding clients to break free from stress and embrace holistic wellbeing with actionable strategies and transformative coaching. As a mental wellbeing coach, Stephen helps people to identify what their aspirations are and works with clients to make them achievable.

