



# DAVE ALGEO

'STRESSED GURU'

SPEAKER, TRAINER, COACH

Service Offering Pack  
2018

**WORKPLACE WELLBEING**

**PERSONAL RESILIENCE**

**STRESS**

**MALE MENTAL HEALTH**

man   
sprouts

 STRESSED  
GURU

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*Dave appearing on 'The Davina Hour' -sharing some sprout related stress advice.*



# 1.0 Introducing Dave Algeo

SPEAKER, TRAINER, COACH AND 'STRESSED GURU'



Dave helps individuals, companies and organisations (their teams and employees) achieve 'success **with** wellbeing.' He firmly believes that success at the expense of physical and mental wellbeing is not true sustainable success.

With over 20 years of policing, leadership and training experience, Dave has gained an exceptional grounding in the realities of emotional and psychological strain and the impact upon our mental health. Over the years Dave has spoken and delivered workshops to a wide variety of audiences. His key message is - sustainable success supporting sustainable wellbeing in individuals, teams and organisations is more than achievable.

Dave has become renowned for using memorable and creative means of getting his message across. He is particularly known for his use of vegetables - cabbages, sprouts and the radish, leading to those he works with retaining powerful strategies and tools to empower them to create and foster sustainable success.

# Topics of Interest to Dave

SPEAKER, TRAINER, COACH AND 'STRESSED GURU'

## MALE MENTAL HEALTH

Dave's policing and personal experience have led him to have a particular passion and interest in raising awareness of the issues facing men when it comes to their emotional and psychological wellbeing. He firmly believes that men can find their own way to open up about this aspect of their life and, in so doing, thrive and overcome significant struggles. Dave's hosts a podcast - **'The Man Sprouts Podcast'** and the **Man Sprouts Movement** with the purpose of exploring how we can challenge negative stereotypes surrounding men and mental health.

## WORKPLACE WELLBEING

The workplace is a critical environment in which mental, physical and emotional wellbeing can be positively or negatively affected. There is, as indicated in the Stevenson Farmer 'Thriving at Work report on Mental Health and Employers' (Oct 2017), an incredible opportunity to create greater mental wellbeing amongst the UK population by focusing on creating positive, wellbeing focused workplaces. And it is great for business too! Dave runs sessions for employers on creating 'mentally healthy workplaces.'

## PERSONAL RESILIENCE AND STRESS

Dave passionately believes that we all have immense capacity to cope with the toughest of situations and experiences. The trouble is, it is HOW we cope, that is often the issue. In other words, we may get through a tough experience, but in order to do so, we may adopt negative coping strategies (resorting to alcohol or drugs). And we may also take care of ourselves less well. Using props, humour and metaphors, Dave provides individuals and teams with the knowledge and tools, to put negative stress in its place, cope more positively and thrive rather than just survive life.

# 2.0 Services and Content

DAVE OFFERS A RANGE OF SERVICES AND CONTENT

## SPEAKING AND WORKSHOPS

Dave works with public sector and business delivering conference sessions, and workshops aimed at developing resilience, enhancing workplace wellbeing and raising awareness about mental health. [CLICK TO LEARN MORE](#)



## COACHING

Dave offers one to one and group/ online coaching to individuals. His 'Sprout Academy' is an online membership community focused on achieving success with wellbeing. [CLICK TO LEARN MORE](#)



## PODCAST

Dave hosts the 'Man Sprouts Podcast' exploring the subject of male mental wellbeing. He features interviews with experts and those seeking to promote positive messages in this area. [CLICK TO LEARN MORE](#)



## VIDEO RESOURCES

Dave provides a wealth of 'how to' resources all focused on helping individuals stress less, cope better, relax more and thrive rather than just survive. Of note are his collection of 500 daily sprout videos, 52 weekly radish videos and his 'Kick Stress in the Sprouts' book. [CLICK TO LEARN MORE](#)



THE DAILY SPROUT - BITE SIZED  
MOTIVATION, ADVICE &  
INSPIRATION

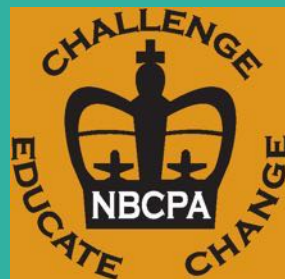
# 3.0 Portfolio

SPEAKING, TRAINING, COACHING, TV, VIDEO, PODCAST, CONTRIBUTION AND COMMENTARY



Dave recently appeared on Watch's UK TV show 'The Davina Hour' to talk about mental health. Here's a clip where Dave share some 'cabbage common sense' about stress with Davina McCall and her guests. [CLICK TO SEE](#)

Dave speaks at conferences and events for corporate and public sector clients, running bespoke workshops on developing resilience and creating mentally healthy workplaces. Recent events include:



Dave is a regular guest on podcasts sharing his unique take on stress, wellbeing and mental health. Podcasts include: [\(CLICK EACH FOR LINK TO EPISODE\)](#)



# 4.0 Testimonials

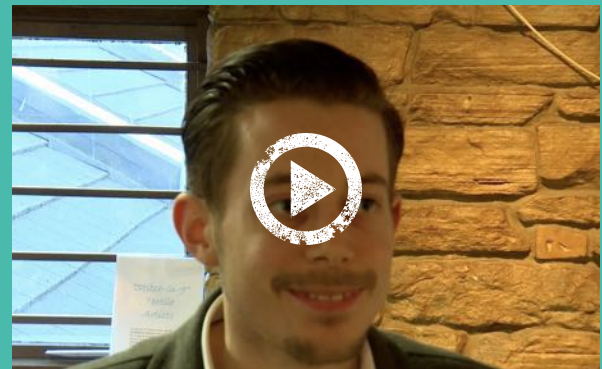
VIDEO AND WRITTEN TESTIMONIALS AVAILABLE

*“Dave, just wanted to let you know, I’ve heard back from the conference sponsor... Everyone is still buzzing and talking about your session. Even those who weren’t at the event!”*

— STU POWELL, SP TRAINING SOLUTIONS



ANDREW PICKERING



PETE GARTLAND

*'This workshop was excellent,  
the trainer was brilliant'  
— attendee at recent session*



KATIE BULMER COOKE

*Dave presented at the NEPG 2017 to teach postgraduate students how to stress less, a huge task! Nevertheless, Dave managed to have us all engaging with the talk and laughing through, with very helpful tips on looking after our inner radishes!"*

- Chair of NEPG Group 2017 - Abbie Kelly

# 5.0 Enquiries

DAVE IS AVAILABLE FOR ONE TO ONE COACHING, DESIGN AND DELIVERY OF WORKSHOPS, AND SPEAKING ENGAGEMENTS AT EVENTS, CONFERENCES, TEAM OR DEPARTMENT AWAY DAYS ON THE SUBJECTS OF:

MALE MENTAL HEALTH  
WORKPLACE WELLBEING  
PERSONAL RESILIENCE AND  
STRESS

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