

OCTOBER

WITH

THAT DAY

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/THATDAY.UK)

THAT DAY

**BLACK
HISTORY
MONTH**

**WWW.THATDAY.UK
@THATDAY.UK**

THAT DAY

SPEAKER SPOTLIGHT

INTRODUCING
PATRICK HUTCHINSON

Personal Trainer, athletics coach, public figure, martial artist, author and now co-founder of pHKind, a health and wellness brand that empowers individuals to take ownership of their health. Patrick, father of four with four grandchildren, has been motivating people and uplifting his community long before he became a national hero.

Back in 2020 a photo of Patrick went viral, marking a pivotal moment that brought about a profound transformation in the narrative surrounding the Black Lives Matter protests. This powerful and iconic moment emerged when Patrick hoisted a far-right counter-protestor onto his shoulder, saving them from serious harm. This image quickly spread like wildfire across the internet, and Patrick's brave actions shielded the BLM protest from negative publicity.



WWW.THATDAY.UK

[@THATDAY.UK](https://twitter.com/THATDAY.UK)

THAT DAY

EVERYONE VERSES RACISM

30 MINUTE TALK WITH PATRICK HUTCHINSON

On 13th June 2020, Patrick and his friends were compelled to travel to the Black Lives Matter demonstrations in central London to protect women and children from the far right counter-demonstrators and football hooligans. What happened next changed Patrick's life forever and shocked the world.

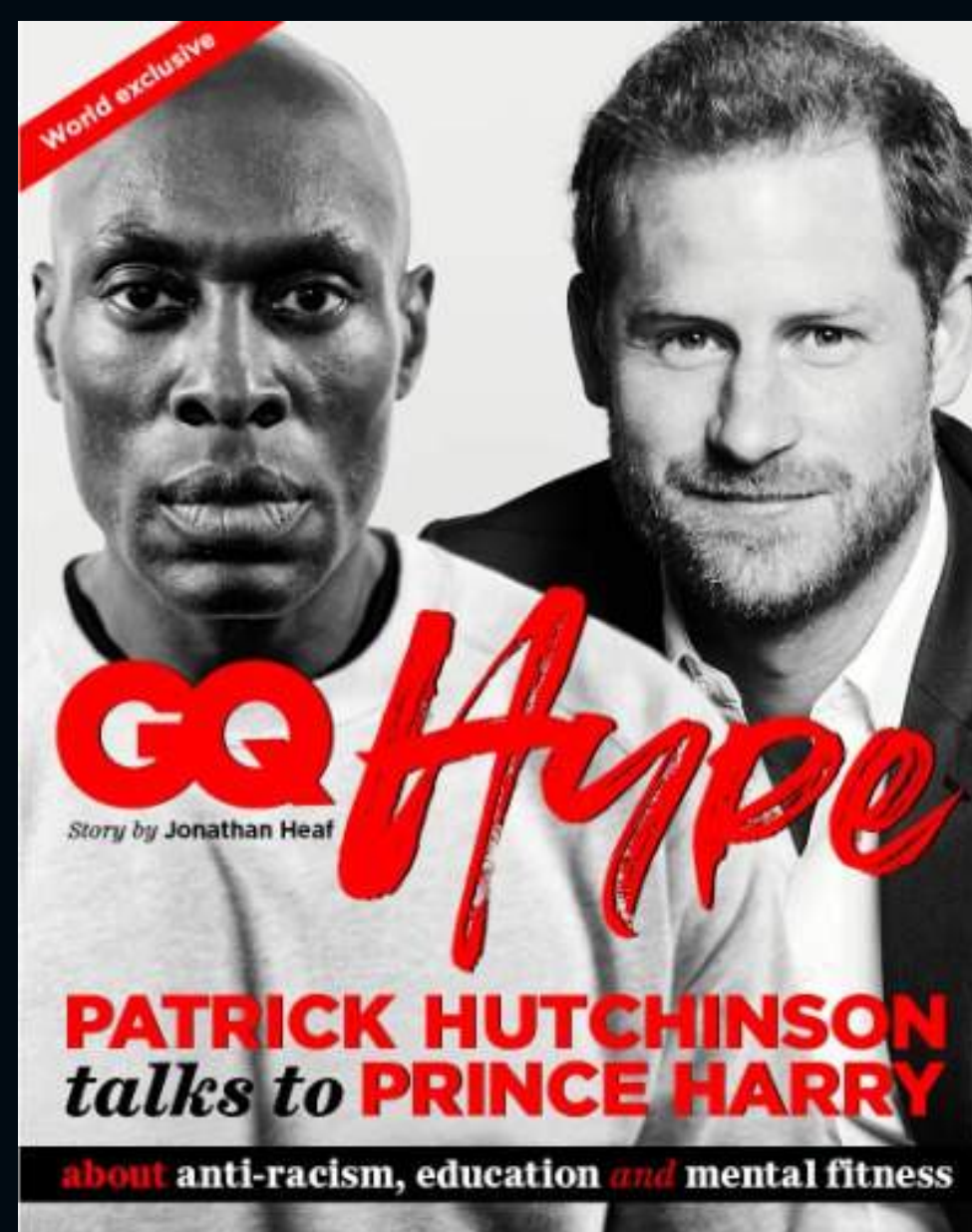
An image of Patrick carrying a far right counter-protestor on his shoulder saving him from serious harm went viral. His actions also helped save the BLM protest from being hijacked by negative press. The incident changed the narrative and the image was featured in global news.

Join Patrick as he tells his story, from growing up and experiencing racism on a London council estate, raised by a Jamaican single mother from the Windrush generation, all the way through to the event at Black Lives Matter. Hear how his upbringing led him to make that decision, and how he continues to stand up for the more vulnerable.

Personal Trainer, athletics coach, public figure, martial artist, author and now co-founder of pHKind, a health and wellness brand that empowers individuals to take ownership of their health. Patrick, father of four with four grandchildren, has been motivating people and uplifting his community long before he became a national hero.



“A valuable voice in the conversation about race” The Sunday Times



WWW.THATDAY.UK
@THATDAY.UK

THAT DAY

BRIDGING THE GAP BETWEEN RACE AND LIVED EXPERIENCES

WITH AYAN SAID

Unlearning and relearning to be human is at the core of this workshop. Ayan will provide context for how racial inequalities show up both in a general context and more explicitly in the workplace.

We will explore how intersectional factors such as gender, poverty and education level all reinforce cycles of racial inequalities in society.

Attendees will come away with:

- An understanding of race and gender in relation to every day lived experiences and the world of work
- Different strategies that can be implemented for diversity and inclusion
- Knowledge of micro-affirmations and safe spaces

Ayan Said is the founder, and director of **Voicing Voices**, an international consultancy firm that designs and provides bespoke resources and tools that support organisations to humanise their culture.



CLIENT TESTIMONIAL

"I liked that it allowed the team to have honest and open conversations. The content made us have to think deeply and the presentation included statistics that for many represented their personal stories and experiences."

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/thatday.uk)

THAT DAY

WHAT IT MEANS TO BE AN ALLY

WITH TAZ LATIF

What does being an 'Ally' mean? From case studies to infographics, this workshop will take you through a journey of understanding our own powers and how we can leverage these to become effective allies, both in the workplace and in other areas of our lives.

Attendees will discover how to:

- Unpack our privilege
- Understand the power we hold as individuals
- Begin our journey into becoming better allies

An ex-teacher on a mission to reform education, Taz harnesses the power of community to build sustainable systems for change.

She is a global DEI educator and leader, inspiring future generations through activism to create social impact. Her work is two fold; building new ecosystems with young people at a grassroots level as well as relearning and restructuring at a corporate level.

Over the last decade, Taz has partnered with forward thinkers like Samsung and GoogleForStartups as well as powerhouses including the Ministry of Justice and JPMorgan to co-create a more equitable future.



CLIENT TESTIMONIAL

"Having had so much feedback from the team about how good it was, I can now also say that I thought she was brilliant. Please pass on my thanks"

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/THATDAY.UK)

THAT DAY

UNCONSCIOUS BIAS

WITH TAZ LATIF

Let's be real, none of us would be proud to call ourselves biased but the truth is, we can't escape it. How can we dig deeper into our upbringing, environment and education to turn our biases into positive change?

As a buzzword that needs to be addressed, this session will:

- Debunk the term 'Unconscious Bias'
- Help you to understand the long term impact of our biases
- Leave you with practical takeaways for the next steps on our journey towards inclusion

An ex-teacher on a mission to reform education, Taz harnesses the power of community to build sustainable systems for change.

She is a global DEI educator and leader, inspiring future generations through activism to create social impact. Her work is two fold; building new ecosystems with young people at a grassroots level as well as relearning and restructuring at a corporate level.

Over the last decade, Taz has partnered with forward thinkers like Samsung and GoogleForStartups as well as powerhouses including the Ministry of Justice, JPMorgan, the Financial Times, Macmillan Cancer and Expedia, to co-create a more equitable future.



CLIENT TESTIMONIAL

"Having had so much feedback from the team about how good it was, I can now also say that I thought she was brilliant. Please pass on my thanks"

WWW.THATDAY.UK
@THATDAY.UK

THAT DAY

TRANS LIVES IN BLACK HISTORY

WITH RICO JACOB CHACE

Trans people have always existed. As a Black Trans Man, Rico looks at the undocumented history of BAME of working class stories, whilst raising awareness of the historic achievements of the community. Rico aims to build confidence for Trans people and understanding from the CIS community.

In this 60 minute workshop, attendees can expect to gain:

- An understanding of gender, sexuality and gender expression
- An insight into the extensive history and accomplishments of Trans/NB people worldwide
- An update on the front line of change for LGBT+ rights
- Advice on how to be a LGBT+ ally

Rico Jacob Chace is director at TransActual UK, Trustee at LGBT+ Consortium, UN's UNITE 2030 Youth Delegate Program and a Diversity & Inclusion Consultant. A vocal activist, fighting avidly for the rights of LGBTQ+ people and Black people alike, he has his own radio show 'Against Racism' and recently featured on Channel 4's 'Make Me Prime Minister'.



CLIENT TESTIMONIAL

"Rico is an incredible informative yet inspiring speaker. Incorporating both personal experience with facts and figures, he paints the picture of the trans and nonbinary community throughout his presentation leaving you with an in-depth understanding of the communities history and the tools to make change"

WWW.THATDAY.UK
@THATDAY.UK

THAT DAY

**WORLD
MENTAL
HEALTH DAY**

**WWW.THATDAY.UK
@THATDAY.UK**

THAT DAY

HIGH FUNCTIONING ANXIETY

WITH REEHA ALDER

Reeha has always been a high achiever. Said yes to every opportunity, pushed herself to be better everyday, and had a relentless drive to help others while building financial independence for her and her children as a solo mum.

From the outside, she has often been told 'you're so confidently achieving so much' and 'you've got it all together'. From the inside, she often struggles with deep anxiety, fear and low self-belief. This is what is known as 'high functioning anxiety'. For a lot of people the more you push yourself externally to be high performing, the more internally your health is negatively impacted.

In this session we will explore:

- What are the characteristics of high functioning anxiety
- How it impacts burnout and stress
- How to control those feelings when they arise
- How to create an effective plan for the future

Reeha Alder is an accredited Executive, Life and Wellness Coach. As a leader within FTSE 250 businesses, Reeha uses her lived experiences to help create daily impactful habits that transform your confidence and control over your own happiness every day.



CLIENT TESTIMONIAL

"I think this session with Reeha has been life changing. Seriously. I think about her tips all the time."

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/thatday.uk)

THAT DAY

TIPPING POINT

WITH REEHA ALDER

64% of people in organisations have experienced burnout and this is a topic that is affecting the majority of our people.

This workshop helps us understand what it looks and feels like to be at that tipping point and finding ways to step off safely before you push yourself into the long-term affects of burnout.

In this session we will explore:

- How to prevent the slow and steady build up of stress that can contribute to burnout
- Why 'Staring into the Barrel' is so important
- How self-reflection has it's part to play in regulating feelings of burnout
- Reeha's toolkit for preventing burnout.

Reeha Alder is an accredited Executive, Life and Wellness Coach. As a leader within FTSE 250 businesses, Reeha uses her lived experiences to help create daily impactful habits that transform your confidence and control over your own happiness every day.



CLIENT TESTIMONIAL

"I think this session with Reeha has been life changing. Seriously. I think about her tips all the time."

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/thatday.uk)

THAT DAY

SELF-CARE

WITH JOSH CONNOLLY

This session with Josh is a dive into understanding what self care is and how it should look for you. It is an interactive session where you will do some breakout work and create an action plan to set you on your own self care journey.

Josh will draw on his personal experience of what self care is and just how big an impact self care, or the lack of self care, can have on you.

Participants will come away with:

- Better understanding of what self care is
- Why self care is so important
- Understanding of the 5 key types of self care.
- An action plan to begin your self care journey

Josh Connolly is one of the most prominent voices and advocates for mental health in the UK, speaking regularly on TV and radio on the topic, giving his unique take on what it is to be resilient and how to look after our mental health.



CLIENT TESTIMONIAL

'Really fascinating. I wish it had been compulsory for everyone. And I wish my family and all my friends could hear it too. One of the best sessions we've had at Jamie Oliver.'

WWW.THATDAY.UK
@THATDAY.UK

THAT DAY

UNDERSTANDING ANXIETY FROM THE INSIDE OUT

WITH HANNAH-JAYNE SMITH

Anxiety is a word frequently used in reference to mental health these days, but how do we define it and what can we do to support ourselves and others when experiencing anxiety or anxious moments?

This power hour will delve into anxiety from the inside-out.

- What IS anxiety?
- Why do we experience it?
- What does it feel like?
- How can it show up differently in other people?
- And most importantly – what can we do to support ourselves and others?

This workshop will be full of top tips and tricks that Hannah-Jayne has sifted through after having a severe anxiety disorder and being in the mental health system for 30 years. Hannah-Jayne opens up to her world, to show what it's really like to live alongside one of the most prevalent mental health disorders in the world, and how she truly believes we can exist and thrive in our lives, without limitations of the illness.

Hannah-Jayne Smith is a mental health advocate with three decades of lived experience within the system. She has worked all over the UK delivering courses to private and charity sectors, NHS, Prisons, Schools and more.



CLIENT TESTIMONIAL

“Training courses like this are usually delivered by a person trained in the subject with little to no first-hand experience, so it was a welcome change that somebody could teach from the point of view of the patient.”

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/thatday.uk)

THAT DAY

A THERAPIST'S GUIDE TO ANXIETY

WITH PAUL HUNTINGFORD

Anxiety can stop us from being the person we want to be. It can hold us back from what we need to do, the things we want in life and what's important to us.

If we can learn to change our relationship with anxiety and what we do with it, we can feel freer, more like ourselves and more able to do the things that we need.

In this experiential session with therapist Paul Huntingford you'll explore your relationship with anxiety and learn simple, techniques enabling you to cope more effectively when anxiety takes over. You'll come away with:

1. A greater understanding of how you deal with anxiety.
2. More effective ways of relating to the stress of anxiety.
3. Become more confident in using tools to help you in your work and personal life.

Paul Huntingford is an ACT and CFT therapist as well as the Head Therapist for That Day Therapy. Paul is passionate about bringing practical, workable skills to people so that they can improve their mental health and live more fulfilling lives.



CLIENT TESTIMONIAL

For a few years I've been interested in self help books, mindfulness, meditation and other issues surrounding mental health. Paul helped expand on this knowledge and gave me the tools which allowed me to reduce the severity & frequency of anxiety attacks I was experiencing & also helped to identify the feelings around them to spot patterns & identify when one was rising.

PRICE AVAILABLE ON REQUEST.

WWW.THATDAY.UK
@THATDAY.UK

THAT DAY

THE BREATH & OUR MENTAL HEALTH

WITH LEIGH EWIN

When there are major changes at work or in our personal lives to deal with, the breath will always be affected. And this alone can impact our mental health.

However, we all have the ability to positively impact our mood, sleep, concentration, focus, memory, physical endurance, and so much more, simply through the breath.

In this workshop, expert breathwork facilitator, Leigh Ewin, will give you practical and simple techniques so you can reshape, optimise and enhance your own breathing and your mental health; and therefore your life.

- Understanding of "Why & How we breathe"
- Finding your natural rate of breath
- Introduction to breathwork exercises and techniques to implement these new changes to your breath
- Guided breathing meditation

Leigh is a breathwork facilitator and educator based in Finland who specialises in helping people experience their breath all over again.

He is a master facilitator of live breathwork experiences which deal with traumatic release, emotional breakthrough, euphoric and enlightened experience and utilising breathwork for inner journey and self-discovery.



CLIENT TESTIMONIAL

"I didn't realise how much my poor breathing was effecting my life until I attended Leigh's online breathwork sessions."

WWW.THATDAY.UK

[@THATDAY.UK](https://www.instagram.com/thatday.uk)

UPCOMING WELLNESS DAYS

NOV

1st - National Stress Awareness Day



Burnout Pre-Hab



Manage Stress like a Monk

Movember



Uncommon Man Workshop

19th - International Men's Day



Man in the Mask



The Missing Part of the Puzzle for Men's Mental health

DEC

Nov 25th-Dec 10th - 16 Days of Activism against Domestic Abuse



16 Days of Activism



Domestic Abuse & Workplace Responsibility