

Some commendations

'Dr Elizabeth McNaught and Nick Pollard are both inspirational speakers who are able to articulate a very personal and powerful account of a young woman's journey towards overcoming anorexia, and the extent to which her family understanding and support was crucial to her recovery. They give clear, simple guidance to enable parents and teachers to listen and advise with confidence. I recommend them highly.'

Brenda McDonald, Director of Sixth Form, Kingston Grammar School.

'The presentation by Dr Elizabeth McNaught and Nick Pollard was packed full of important and detailed information but in a way that made it very accessible. This information was further illustrated by powerful personal stories. Nick's perspective as a father was particularly poignant and insightful. Both staff and pupils found the presentation genuinely inspirational and educative. I recommend them highly'

Lisa Greatwood, Head of PSHE, Rugby School.

From Risk to Resilience is represented by Dragonfly Training, a leading provider of CPD for teachers in the UK and in over 50 countries across the world.



Contact us for all your training requirements...

Email UK Inset Coordinator Wendy Imperato
wendy.imperato@dragonfly-training.co.uk
or call 029 20 71 1787

We look forward to hearing from you.

'Although eating disorders can develop at any age, the risk is highest for young men and women between 13 and 17 years of age.' National Institute for Health and Care Excellence

From Risk to Resilience

Informative and inspirational presentations on eating disorders appropriately tailored for teachers, students or parents.



Over a million people in the UK are directly affected by an eating disorder, with a serious impact on their life and education. But these can be averted by the appropriate knowledge and response of teachers, fellow students or parents.

Presenters

Dr Elizabeth McNaught is a medical doctor with lived experience of eating disorders, having nearly died from anorexia at the age of 14. Since qualifying as a doctor she has written the best-selling book *Life Hurts: a doctor's personal journey through anorexia*. Dr McNaught now combines her clinical work as a hospital doctor with TV appearances and public speaking about mental health issues.



Nick Pollard is Dr McNaught's father. Despite his own undergraduate and postgraduate studies in cognitive psychology, he did not initially recognise and respond appropriately to his own daughter's illness. He now speaks and broadcasts about the personal as well as professional insights he gained which became instrumental in her recovery. He is a social-entrepreneur, the author of ten books, and a popular conference speaker.

Format

Dr Elizabeth McNaught and Nick Pollard, will deliver up to three one-hour presentations of *From Risk to Resilience*, on the same day, tailored for teachers, students or parents (but not a mixed group). Each attendee will need a copy of the detailed handbook which we supply at £1.50 each.



Dr Elizabeth McNaught and Nick Pollard on the BBC's *Victoria Derbyshire Show*.



Handbook for all attendees.

From Risk to Resilience

'Secondary school years are a crucial time for turning the risk of eating disorders into resilience against them. The current guidelines from the National Institute for Health and Care Excellence list fourteen indicators of an eating disorder; only four of which require medical knowledge, the other ten may be spotted first by a teacher, fellow student or parent.' Dr Elizabeth McNaught

Attendees will:

- Be inspired to see that the devastating impact of mental health issues, such as eating disorders, can be averted by the appropriate knowledge and response of teachers, fellow students or parents.
- Gain insight into a range of eating disorders, and their impact upon the person's life and education, in the context of other mental health issues.
- Build knowledge to help identify the most common biological, psychological and sociocultural risk factors for the development of an eating disorder, with parallels to other mental health issues.
- Build skills to help students turn those risk factors into resilience.
- Secure an ability to spot the most common signs of an emerging eating disorder, and related mental health issues, and build skills in responding appropriately.
- Be guided through a detailed handbook which attendees will take away to continue developing their knowledge and insight.



'Dr McNaught's speech at the Annual Conference of the Faculty of Eating Disorders got a standing ovation from the professionals.'
Dr Izabella Jurewicz, Royal College of Psychiatrists.