



Brighter Days

Small Steps for Big Change

The Overwhelm Toolkit: A Professional Development Day

A chance to Recharge, Reflect and Reconnect

Facilitated by: Patrick Regan OBE

VISION



To offer a reflective, practical and hopeful day that helps people understand overwhelm, recover a sense of agency, and leave with realistic next steps for sustainable change.

THE CONFERENCE JOURNEY

The conference follows the three-part structure of the

Patrick Regan's book:

Start Small

Create Space

Think Differently



Designed as an interactive day, each section combines teaching, reflection, personal stories and practical exercises.



Better understand the causes of overwhelm



Recognise their own patterns and triggers



Learn practical tools to create capacity in daily life



Develop a healthier perspective on change and progress



To understand the local wellbeing provisions

Small Steps for Big Change

About Patrick Regan OBE

Patrick Regan OBE is an author, social entrepreneur, speaker, and one of the UK's most respected voices on compassion, mental health, leadership, and sustainable social change. For more than three decades, he has worked alongside communities, charities, businesses, and public services, helping people and organisations respond to challenges with humanity, courage, and hope.



He is the founder of XLP, co-founder of Kintsugi Hope, and director of Brighter Days, a workplace wellbeing company, and has travelled to over 50 countries supporting communities facing poverty and hardship. Patrick is also a survivor of major limb reconstruction surgery, an experience that has shaped his understanding of resilience, recovery, and hope.

A Sunday Times bestselling author of eight books, Patrick was awarded an OBE by Her Majesty The Queen for services to young people and received the Mayor of London's Peace Award. In 2023, he was named Most Influential CEO for Mental Health Training by CEO Monthly. He was also awarded an Honorary Fellowship by London South Bank University for his contribution to justice and wellbeing.

Patrick is married and has four children.

Patrick speaks internationally on leadership, resilience, mental health, wellbeing, spirituality, purpose, and how individuals and organisations can create cultures of compassion.

"The feedback from the team session was that the training had a very positive impact on them and was delivered with the right mix of specialist knowledge, humour, and compassion."

Gill Stafford,
MD, Quality Trusted Solutions.

"Patrick's insight into how the human mind operates during times of challenge prompted self-reflection for all, and provided a safe space for individuals to talk openly with confidence. A fabulous session, which got everyone talking: a big thank you to Patrick."

Karen Cassar BA (Hons), CMgr, MCMI
Lincolnshire County Council

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Vision for the Day

To offer a reflective, practical and hopeful day that helps people understand overwhelm, recover a sense of agency, and leave with realistic next steps for sustainable change.

Overall Objectives

- Better understand the cause of overwhelm
 - Recognise individual's patterns and triggers
 - Learn practical tools to create capacity in daily life
 - Develop a healthier perspective on change and progress
 - Understand local wellbeing provisions
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"Patrick offers small, realistic ways to create space, regulate overwhelm and live with greater sustainability"
Natalia Sarro, Workplace, Wellbeing Psychologist

[I would like to book - please fill in this form](#)

"After our first training session with Patrick, I had ALL the staff share with me that this was some of the best training they have ever been too and how valuable it was. Patrick was able to really give fantastic and practical tools on how to support their wellbeing that are applicable."
Stuart Woodburn, Headteacher, Wiltshire

"Patrick reaches to the core of our humanity in a way that few others do. He is articulate, involved, and persuasive on some of the key issues which we as individuals, as professionals, and as a society face today. Be prepared to be inspired to be better."
Gerald Walker, President & CEO, ING Americas

A One-Day Professional Development Day

Proposed Schedule

9.00 - 9.45

Arrival & Coffee

Gentle music, reflection slides, workbooks on seats.

Prompt: 'What feels overwhelming in your life right now?'

SESSION ONE: START SMALL

9.45 - 10.00

Welcome & Introduction

Patrick's journey, why we wrote the book, the purpose of the day.

Key message: Big change rarely begins with big change.

10.00 - 11.00

Teaching: Start Small

Why we become overwhelmed, the paralysis of perfectionism, the myth of dramatic transformation, the power of small actions.

11.00 - 11.20

Guided Reflection

Workbook exercises: What is overwhelming me? What have I been avoiding? What is one small step I could take?

11.20 - 11.40

Break

11.40 - 12.15

The Small Steps Audit

Participants identify: one habit to start, one to stop, one to sustain.

SESSION TWO: CREATE SPACE

12:30 - 1.00

Lunch

1.00 - 1.20

Guided Reflection

What fills my life unnecessarily? What drains my energy?

What restores me? Wheel of Life exercise.

1.20 - 2.20

Teaching: Create Space

Rest & simplicity, boundaries, connection, reflection.

Key question: What would become possible with more space?

Resilience River exercise.

2.20 - 2.35

Break

SESSION THREE: THINK DIFFERENTLY

2.35 - 3.30

Teaching: Think Differently

Compassion, understanding power, identity values, impact for the future.

Our proposed schedule can be adapted to your needs and audience into full and half days.

"Patrick is a charismatic and relatable communicator. He is deeply passionate about the often taboo subjects of mental well-being and resilience... and it shows. His ability to captivate a room full of professionals and make them feel at ease with their own vulnerabilities is both humbling and inspiring in equal measure."

Pete Allchorne, Immediate Past President, Forum of Insurance Lawyers