

Attended the ISMA annual conference in London last week the first International event.

Many excellent speakers but two that really inspired were Dani Cotton, London fire commissioner, one of the highest-ranking women firefighters in Europe and lead in the Grenfell Tower incident. Dani described the impact the disaster had on all the firefighters in attendance but also to herself. To listen to her story as the tragedy was one of the most moving I have ever listened to, reminding us all the personal trauma of those involved suffered.

Also, Elizabeth Wright, Paralympic medallist, described her journey of fortitude and determination to overcome her disabilities and now lecturing on how to help people flourish.

Both received standing ovations.

A key theme of the day was about talking about anxiety openly and breaking taboos.