# Sab Uddin

**WORKPLACE WELLBEING**

**SPEAKER BRIEF**

**MENTAL HEALTH & WORKPLACE WELLBEING**

## Mental health talks that help teams actually talk.



> *"I have learnt the power of recovery from him."*
>
> Dr Musa Sami, Consultant Psychiatrist
>
> From previous mental health awareness work

For law firms, financial services and other demanding workplaces.

Sab shares lived experience of mental ill health, recovery and returning to work. He has provided in-house legal support at an international investment bank and has been managing and investing in property for the last decade.

**Former paralegal at Freshfields · MHFA England-trained Mental Health First Aider · LLB & LPC**

### What your team will take away

Four simple steps, drawing on Mental Health First Aid principles, to put supportive conversations into practice.

- **Notice** when a colleague may be struggling.
- **Ask** without overstepping.
- **Listen** without judgement.
- **Agree** a practical next step and where further support may be available.

**You'll also explore:**

Welcome someone back after time off, with warmth and space to discuss what would help.

### Lived-experience talk and Q&A

**60 minutes**

30-minute talk + 30-minute Q&A and discussion.

An honest personal story, tailored workplace examples and space for questions.

**£350 introductory per session**

Available to my first three client bookings. Then standard rate: £650 per session.

### Supportive conversations workshop

**90 minutes · 8–20 people**

A short version of Sab's return-to-work story, then hands-on practice using Notice · Ask · Listen · Agree.

15 min story · 10 min framework · 45 min scenarios and small-group practice · 20 min debrief and Q&A

**From £750 per session**

Your total fee, including any travel, is agreed in writing before booking.

### Every session includes

A 15-minute preparation call, tailored examples, a two-page takeaway and signposting; workshops add NALA practice and a follow-up summary. I agree a support contact and response plan with your organiser.

**Choose the focus:** Returning to work · Mental health & stigma · Pressure & burnout · Supportive conversations

Based in Milton Keynes. Workplace sessions: online (Teams or Zoom) or in person UK-wide. Scope and audience size agreed before booking. Recommended notice: 3–4 weeks. No VAT is charged.

### Enquire or request a free 15-minute call.

**hello@sabuddin.com**

**sabuddin.com**

Participation is optional. No personal disclosure required. Educational sessions, not clinical advice.