

ANTHONY C. GRUPPO – CEO, Marsh Commercial



Anthony C. Gruppo is a CEO, a visionary leader, an insurance and risk professional, an international podcast host, an engaging presenter, and author.

In his numerous published creations, he focuses on personal and organisational development. Anthony developed an effective proprietary strategic model “Six Degrees of Impact” which he presents to international corporations. His model successfully helps colleagues and companies achieve and surpass their goals.

As the creator and host of his podcast, The Roots of Leadership, Anthony provides a unique platform for his listeners to learn from his and other leaders’ innovations and motivations. Internationally, Anthony has successfully turned around under-performing operating companies into high achieving award winning enterprises.

Anthony’s mission is to help others weld their passion to their potential, to increase their performance.

LORNA FEENEY – Mental Health Senior Consultant, Senior Vice President, Marsh Advisory



Lorna is a qualified Clinical Hypnotherapist Practitioner, Mental Health First Aid Instructor and Head of Mental Health risk management for Marsh. After experiencing a mental health illness, Lorna chose to dedicate herself to supporting organisations in raising awareness of mental health. She is passionate about the role organisations can play in preventing mental health difficulties. Utilising her own and others’ experiences, Lorna provides a unique and people-centred approach to help organisations navigate mental health and wellbeing matters.

Today, Lorna works for the Marsh and specialises in the implementation of mental health strategies as well as the provision of mental training. She is adept at producing bespoke courses/content and is a regular speaker at industry events.

Lorna is a champion of diversity and inclusion in the workplace and has over 12 year’s professional experience.

MICHAEL QUIGLEY – Founder, Kataholos Company



Michael Quigley, BA (Hons) 1st class, MA, PGCE, is a former primary school teacher with extensive experience of teaching, coaching, leading and team membership, coupled with a life-long enduring passion for and interest in fitness, wellbeing and growing people. He is a published author and regular blogger as well as the creator of online personal development courses with his company Kataholos. He has over 10 years of teaching experience and has delivered training sessions over the last two years for the North and Western Chamber of Commerce, Boost Business Lancashire and the Preston and Blackpool/ Blackburn and Burnley/Kendal CII regions.

Michael has an extensive experience in public speaking, delivering for both the public and private sector regionally, nationally and internationally. One of his favourite recent deliveries was for Russell Bedford International at their Leadership Conference in Malta, where he delivered a keynote speech and workshop on world class leadership.

NICCI TAKE – Head of Growth/Sales, Mercer Wealth UK



Nicci used to be a boy but she's alright now!

She is Interim Head of Growth/Sales for Mercer Wealth UK and is Chairwoman of a company called m62 |vincis, which has been a Mercer supplier for over 10 years. She spent 44 years pretending to be male and trying hard to fit into a role that ultimately, like a bad suit, didn't fit. For the past 8 years she's been wearing haute couture that does fit and spends her time trying to change the world, one bigot at a time.

In 2017 she made the FT OUTstanding list of 100 LGBT Role models and in 2018 the FT's HERoes List of 100 women who support women in business and inadvertently became hated by the ladies of "Mums Net". She works in London but lives in Liverpool with her wife and 3 teenage kids, all of whom don't miss her as much as her cooking when she's away.

PAT ROSE – NHS



Pat Rose is part of the Windrush generation who came from the Caribbean to the UK as child in the sixties. The challenges of growing up in a predominantly white working class background inspired a lifelong commitment to Equality and Social Justice.

Pat studied at the University of Bristol and has a background in Social Work and Criminal Justice. She has worked as a Trainer and as a Practice Teacher for Social Work students. Her current role is based in an NHS service working to make healthcare accessible to homeless people.

Throughout her career in the Health and Social Care sector she has supported people with complex needs such as addiction, trauma and homelessness. She has a reputation of being able to connect and work with those who are seen as “hard to engage”. In 2014 Pat was nominated for a BBC radio 4 “All in the mind” National Award. Out of hundreds of nominees she won the Mental Health Professional Award.

Pat’s interests include exploring our countryside and coasts, spending time with family and friends, listening to music and dancing (mainly in her kitchen).

RUSSELL J THOMAS – Director and Senior Consultant, The Diversity Trust, and Head of Equality, Diversity, Inclusivity and Wellbeing, University of Exeter



Russell J Thomas is a public speaker, policymaker, and Equality, Diversity, and Inclusion trainer. Director and Senior Consultant for the Diversity Trust, an Equality, Diversity and Inclusion consultancy CIC, and is Head of Equality, Diversity, Inclusivity and Wellbeing at the University of Exeter, where he has recently developed the Equality and Diversity framework, strategy and vision. Russell is an inclusivity, wellbeing and safeguarding expert, leading on equality, diversity and inclusion for 23 years. He is a sociologist and cultural linguist as well as receiving diplomas and awards relating to community engagement.

Russell has extensive knowledge and experience as a result of working within a variety of sectors including: Local Authorities, Higher and Further Education, Sports and Recreation industry, Public Health and the NHS as well as Private, Social Enterprise and Voluntary Sectors. His specialisms include: Equality, Diversity and Inclusion, Cultural Competence, Race Equality and Unconscious Bias.

He published an 'Equality and Diversity Toolkit' in order to improve practice. This toolkit included good practice guidance, multi-media resources and an 'Equalities Standards' for Substance Misuse/Treatment Services. Following this, Russell recently published a pioneering model to support services to become culturally competent.