

Rob Hosking

Inspirational speaker, passionate advocate for mental health, and a captivating storyteller

At age 22, Rob joined the Police service. Unbeknown to him, this would be the start of a 5 year cycle of poor mental health caused by the traumas he witnessed on the job.

Rob's story is one of personal transformation, resilience, and the pursuit of genuine happiness. Having spent years helping others in their times of crisis, he realised the profound importance of self-care and mental wellbeing, a lesson he learned the hard way. In July 2018 his experiences took their ultimate toll on him and he made plans to take his own life. Caught in a macho culture within the Police force, Rob felt like he couldn't open up to anyone about how he was truly feeling. This resulted in his mental health deteriorating to the point where he felt that there was no option left but to take his life. On the day he decided to take his life, he was saved by his dog.

Rob struggled on and still never opened up to anyone about his feelings and depression. He was always the one making other people laugh as he wore a mask anytime he left his house. Rob has seen first hand the negative stigmas that exist in society around male mental health and the impacts it has on the individual. Fast forward a couple of years and multiple traumatic incidents, Rob had an awakening. On his last shift Rob witnessed two very traumatic incidents which changed how he viewed life. He witnessed a young male take his own life and his colleague die of a heart attack shortly after. This changed Rob's life and opened his eyes into understanding how important it was to prioritise his own wellbeing. Rob left the Police after this shift and has subsequently been diagnosed with PTSD. Since, he co-founded Rise of Happiness and delivered a TEDx talk about his experiences. Rob is also a trained mental health first aider and is on a mission to motivate others to prioritise their wellbeing. Rob now delivers workplace wellbeing talks about the importance of wellbeing and looks into the idea of happiness and productivity.

His own journey of overcoming adversity from witnessing countless traumatic incidents during his policing career, serves as a poignant reminder of the need to prioritise mental health. Rob's authenticity and unwavering commitment to mental health advocacy make him a sought-after speaker. Rob is committed to helping businesses prioritise mental health, cultivate resilience, and create a positive work culture where employees can truly thrive instead of just surviving.

CREATE AN EVENT WITH LASTING IMPACT

In his talks Rob speaks with honesty and bravery about his own mental health struggles as a Police Officer, and how he overcame adversity including a traumatic last shift which changed his life forever.

Known for making his audiences laugh and cry, Rob will captivate your audience with powerful storytelling and take them on a journey of resilience, depression, and perseverance. If you're looking for a motivational speaker who can create a lasting impact for your audience, you've found him! Rob's story will stay with your audience long after the event. With a range of keynote talks from resilience building, stress management and employee mental health, Rob uses his policing experiences to offer valuable insights to the corporate world.



KEYNOTES

Drawing on lived experience as a front-line police officer and evidence-based skills and strategies, these available keynotes can help your organisation thrive.

Stressing for What?

This keynote aims to unravel this narrative, exploring how a focus on wellbeing isn't just a luxury but a strategic imperative for building a healthier, more productive, and sustainable workplace.

Mental Health and the Workplace

Ultimately, this keynote aims to inspire organisations to cultivate workplaces where mental wellness is not only valued but actively prioritised, fostering a resilient, empathetic, and successful workforce.

The Happy Staff Revolution

Through compelling anecdotes and real-world examples, Rob delves into the strategies and tools that can transform your organisation's approach to mental health and employee happiness.

Decisive Leadership: Navigating High-Pressure Environments with Confidence

From understanding the psychological aspects of decision-making to implementing effective communication strategies, the presentation will provide actionable insights for staff striving to excel in high-stakes scenarios.

Building Organisational Resilience

From adaptive leadership to fostering a resilient corporate culture, the speech will explore practical approaches to fortifying your organisation's ability to weather storms and emerge more robust than ever.

Always Choose Happiness

Rob candidly addresses the emotional toll of his profession, revealing the darkness he encountered and the inner battles he fought providing tips to how you can choose happiness in your life.

Heathrow's Altitude Network

'Rob was fantastic - speaking with such authenticity and charisma, you could hear a pin drop during Rob's speech. Rob finds a unique balance of humour, depth and rawness in his speaking which lands brilliantly for an audience, delving into tricky topics in an accessible manner. Rob is honest and down-to-earth and this comes through when he speaks. We have a huge amount of feedback on how great Rob's speech was and many have taken away huge lessons, so thank you to Rob for helping shift the dial on the important issue of men's mental health'.



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