

To Whom It May Concern

Martin Roberts from Keep In Mind was appointed by our company following a recommendation from a trusted business associate.

Wanting to shine a light on mental health and wellbeing within our manufacturing company, we approached Martin for his assistance. From the very first meeting, we were immediately inspired and captivated by his story and what he could offer in terms of assistance to Mansfield Pollard and our people here.

The project Martin undertook for us included a variety of objectives. We knew that firstly getting our people across the business to start talking about their own mental health and wellbeing would be a challenge. Martin took this in his stride and came into the business conducting a morning's talk entitled "A walk in my shoes" to the entire business. An emotive and powerful presentation of Martin's own struggles which resonated with many people across the business. We saw individuals confidently approaching Martin and our Board of Directors at the end of the talk to discuss their own challenges, some of whom used the time to reach out for individual help. Being such a success, we continued the journey with Martin, inviting him into the business to hold "morning walk in" clinics for anyone who felt they needed some advice or signposting.

The next key area of focus for our project with Martin was to help our Senior Leadership Team with the challenges they faced around the day-to-day management of the team and how we approach a discussion with an individual around their own mental health and wellbeing. Another really successful full day workshop with many positive outcomes.

We will continue our journey with Martin, now looking to implement Wellbeing plans in the coming year, but not just for his expert advice. For his patience, understanding, support and unwavering determination to bringing mental health and wellbeing to the forefront of any business.

Martin is a true inspiration, who genuinely cares and has a real passion for changing the way we think about our mental health. He freely gives up his own time to assist any individuals who need it, and I know of several members of my team who have since approached Martin at an individual level for additional support. Without hesitation he offers this assistance and has genuinely made a real impact and difference to our people here.

If you are a business leader who wants to change the focus and perception in your business around Mental Health and Well-being, then I recommend you speak with Martin Roberts from Keep In Mind.



Louise Frankland  
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