

THE ART OF
LIVING

RESILIENCE IN THE TIME OF
COVID-19

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OUR SPEAKERS



MICHAELA HEATON

RESILIENCE COACH AND PRINCIPLE MEMBER OF THE ASSOCIATION FOR BUSINESS PSYCHOLOGY. MICHAELA HAS HELPED MANY BUSINESS PROFESSIONALS DEVELOP THEIR RESILIENCE CAPITAL AND RESOURCES, THUS ENHANCING THEIR PERFORMANCE AND WELLBEING.

DR ED LYNCH

CEO OF LYFE, SENIOR HOUSE OFFICER DOCTOR (MBCHB), CHAIR OF PROFESSIONAL LIVERPOOL'S HEALTH BOARD. UNITING HIS BUSINESS ACUMEN, CLINICAL KNOWLEDGE AND NETWORK ACROSS THE LCR.

ED HAS INDUSTRY-LEADING KNOWLEDGE; DRIVING THE HEALTH OF OUR POPULATION FORWARDS. INTENSE WORK AND SCIENTIFIC CREATIVITY SEPARATES ED FROM THE REST OF THE SECTOR. HE PLANS TO EXECUTE THIS (EVENTUALLY UK-WIDE) VISION THROUGH SCALABLE, TECH-BASED SOLUTIONS IN LYFE.



DR TOBIAS FOX

COO OF LYFE, FOUNDATION DOCTOR (MBCHB, MBA). NEUROSCIENCE AND PSYCHOLOGY ARE TOBI'S EXTENSIVELY RESEARCHED AREAS.

HIS KNOWLEDGE ENSURES THAT LYFE REMAINS ON THE CUTTING EDGE OF LIFESTYLE MEDICINE - ADDRESSING THE HEALTH INEQUALITIES WITHIN THE LCR. HIS WORK ENSURES THAT LYFE SETS BEST PRACTICES FOR THE REST OF THE UK AND THE WELLBEING INDUSTRY INCLUDING THE DIVERSE POPULATION.

