



*Rik Stevens*

Revolutionising  
Workplace Wellbeing

MEDIA KIT

[www.MentallyHealthier.co.uk](http://www.MentallyHealthier.co.uk)

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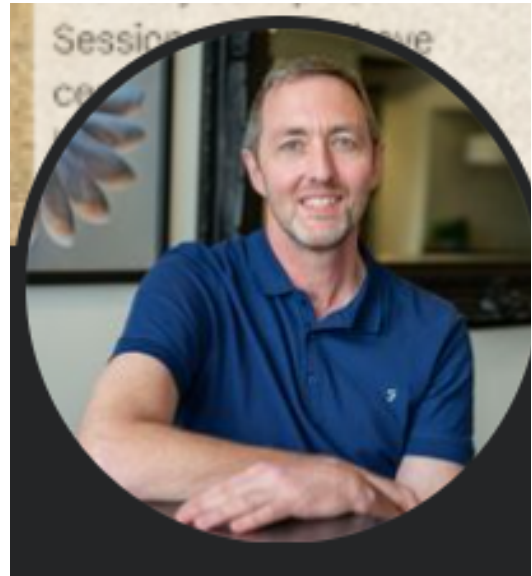
## NUTRITION NERD & MENTAL WELFARE

### Stage Intro...

Rik Stevens, The Calm in Chaos Coach, brings a wealth of experience from 32 years of service in the British Army and policing in London. Having seen the intense demands of high-stress roles, he now dedicates his expertise to helping others overcome similar challenges. Rik's Mentally Healthier programme empowers people to break free from unhealthy patterns and create lifelong wellbeing. He partners with businesses to transform workplace environments, equipping staff with practical mental health strategies to thrive.

### 100 word bio...

Rik Stevens, known as "The Calm in Chaos Coach," combines decades of military and policing experience with expertise in mental health and wellness. Through his Mentally Healthier programme,



Rik addresses the roots of stress, anxiety, and unhealthy behaviours, offering guidance in nutrition, stress management, and mental welfare coaching. His mission is to empower individuals and businesses alike, helping people break free from negative patterns to create sustainable habits for a balanced life. Rik partners with companies to transform workplace wellbeing, equipping employees with the tools to manage stress and build resilience for a healthier, more productive future.



Rik Stevens





# “Longer Biography”

## HEALTHY MIND - HEALTHY BODY LEADS TO A HEALTHY LIFE

150 words...

Rik Stevens, founder of Mentally Healthier and known as “The Calm in Chaos Coach,” brings a wealth of experience from his 32 years in the British Army and London’s Police Force. Having seen the impact of high-stress roles firsthand, Rik now dedicates his expertise to empowering individuals and businesses to overcome stress, anxiety, and negative patterns through personalised coaching in nutrition, fitness, and mental wellness.

Rik’s mission is to revolutionise workplace wellbeing by partnering with companies to build environments that promote resilience and mental health. The benefits are clear: a focus on wellbeing leads to improved productivity, reduced absenteeism, and better staff retention. Businesses that invest in their employees’ mental welfare create workplaces where people feel valued and eager to work—places where talented staff line up to join. Rik’s approach helps organisations foster a healthier, more engaged workforce, driving lasting benefits for both employees and employers.



## SPEAKING TOPICS

- 🚩 Fuel Your Life: Unlock Vitality Through Smart Nutrition



- 🚩 Get Moving! Discover How to Exercise Smarter, Not Harder
- Decode Your Stress: What It Is and How to Manage It
- 🚩 Beyond Worry: Proven Paths to Calm and Conquer Anxiety
- 🚩 The Menopause Guide book: Understanding and Thriving Through Change



- 🚩 Choose Positivity: Transform Mindset for a Happier Life
- 🚩 Rewire Your Mind for Success
- 🚩 G.R.O.W. Your Goals: A Proven Framework for Lasting Change




## WHO RIK WORKS WITH


Rik partners with businesses looking to elevate their workplace culture and empower their teams. Whether it's managers aiming to inspire their departments or business owners committed to creating a thriving, motivated workforce, my approach is designed to engage all levels of staff. Together, we focus on cultivating an environment where employees feel valued, energised, and equipped to contribute their best. I work with organisations that understand the power of investing in their people and want to see real, positive change across their workforce.

## WHAT YOU CAN EXPECT

Through our collaboration, you can expect tailored strategies that go beyond traditional training. I provide practical tools and insights that encourage self-awareness, build resilience, and promote mental well-being. Sessions are engaging, interactive, and designed to resonate with each team member, ensuring lasting impact. The end goal? Empowered employees who feel confident, motivated, and ready to take on challenges—transforming not only their work experience but the overall success of your business.

### GET IN TOUCH

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 [www.MentallyHealthier.co.uk](http://www.MentallyHealthier.co.uk)

*Rik Stever*

# Whistle Stop Tour

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## RIK'S CV...

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**Mar 1992** Joined Royal Military Police

**1992 - 1995** Posted to Germany (Op Grapple 4 Bosnia)

**1993** Class 3 Physical Training Instructor

**1995 - 1997** Posted to Londonderry Northern Ireland

**1996** Qualified Personal Trainer

**1997** Joined Metropolitan Police - Posted to Brixton South London

**1998** Officer Safety Trainer

**2005** Search Dogs

**2013** Team trainer / Dog trainer

**2019** Studied Hypnotherapy

**2022** Certified UK Hypnosis Academy Hypnotherapy trainer

**2022** Mental Welfare Coach (Trainer)

**2022** Kinetic Shift Trainer

**2023** Work with Trojan Wellbeing, peer support - helping Emergency Service workers with Stress, PTSD CPTSD anxiety

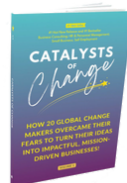
**2024** Retired from Metropolitan Police service

**Mar 2024** The birth of CPTSD Relief - 1 to 1 therapy, reducing stress and looking for a healthier future improving nutrition and exercise.

**Sept 2024** Birth of Mentally Healthier - Business to Business Welfare Training

**2024** Article featured in MSP News Global

**2024** Co-wrote Catalyst Of Change



**Jan 2025** Diploma Culinary Medicine

**Jan 2025** Member of Federation of Holistic Therapists (FHT)

**Jan 2025** Member of Woking Chamber of Commerce



# YouTube



@MentallyHealthierUK

From understanding Hypnotherapy to Emotional Freedom Techniques, Rik shares some simple ways you can help yourself and help others.



Visit the channel now:

[www.youtube.com/@MentallyHealthierUK](https://www.youtube.com/@MentallyHealthierUK)

@CPTSDRelief

Rik shares how to understand and deal with stress.

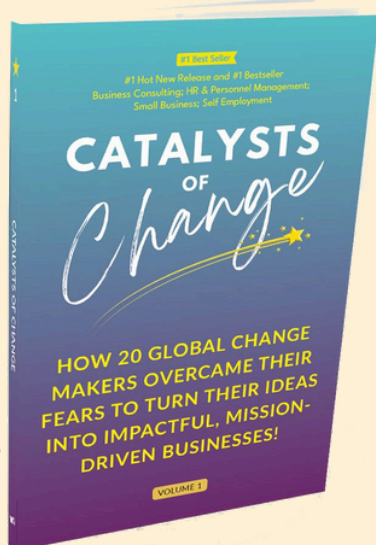
Rik also hosts a short meditation podcast for those few minutes you can gab in the day 'You time on the Loo time!'



Visit the channel now:

[www.youtube.com/@CPTSDRelief](https://www.youtube.com/@CPTSDRelief)

*Rik's Launched*



**CATALYSTS**  
OF  
*Change*

Rik has co-authored Catalyst of Change  
How 20 Global Changemakers  
overcame their fears to turn them into  
ideas!

An Amazon Best seller in 4 Countries





**Rik Stevens**

[www.linkedin.com/in/rik-stevens-cptsd-relief/](http://www.linkedin.com/in/rik-stevens-cptsd-relief/)



**Rik Stevens Mentally Healthier**

[www.facebook.com/RikStevensCPTSDrelief](http://www.facebook.com/RikStevensCPTSDrelief)



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**CPTSD**  
*Relief*

