



**Mark Davies**

*Founder*

7Futures Ltd

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**Mark is the founder of 7Futures Ltd and has been consulting in workplace resilience, wellbeing and performance since 2000.**

He is a resilience coach, an FA coach (working for several years at Leicester City FC) and also a mindfulness teacher. He is the only UK consultant to have completed the USA based Mind Fitness programme designed for the US Marines.

Formerly a CEO of J Rothschild International Assurance with responsibility for their overseas operations, Mark previously had 20 years of international financial services experience and a deep understanding of stress we all face.

Some of you will know Mark from previous British Safety Council events in the past year he has consulted for the BBC, E.ON, Skanska, Carillion, Network Rail, JCB, Alstom and the UK Army & Navy in partnership with Cranfield University School of Management.



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