

Mark Davies – Founder, 7 Futures



Mark Davies is the founder of 7Futures 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 MMFT training programme: a resilience programme developed by a specialist team of neuroscientists and researchers for the US Marines and is supporting the Mindfulness Initiative for the UK Armed Forces. Formerly a CEO of J Rothschild International Assurance with responsibility for their European, Americas and Far Eastern operations, Mark has over 20 years of international financial services experience and a deep understanding of the pressures leaders need to manage. He has worked with a wide variety of public sector and private sector clients (multinationals and SMEs) and has been accredited with IIP Gold and national awards for excellence in training and development.



Nathan Douglas is a Double Olympian Triple Jumper and former Captain of Team GB Athletics. Still competing at senior tournaments (2018 European Championships), Nathan manages a demanding training schedule with his Peak Performance Coaching and 7Futures responsibilities. He's a regular presenter within the rail industry bringing his fatigue management expertise in an accessible and engaging learning experience. He will join Mark to deliver practical insights into the challenge of managing performance, wellbeing, resilience and fatigue (Subject to training schedule)