



## **Stuart Gilmour (Girumoa)**

### **Overview**

Stuart (Girumoa) is a speaker specialising in resilience & performance in high-demand roles.

With over 20 + years of experience across frontline and emotionally demanding environments, he delivers structured sessions that help people maintain clarity, stability, and effectiveness under sustained pressure.

His work is grounded, practical, and directly applicable to operational settings where performance cannot drop despite ongoing demand.

### **What He Delivers**

- Structured resilience and performance-reset pathways utilized as single sessions, 3 session resets, 4 session quarterly resets, and as a 12-month performance partnership.
- Practical tools for managing mental load and maintaining clarity under pressure.
- Approaches that stabilize response in high-demand environments.
- Clear, direct delivery without therapy language or corporate jargon.
- Delivered across operational, hospitality, housing, and care environments.

### **Background & Experience**

- 20 + years of experience in mental health, education and delivery.
- Former Mental Health Educator, Positive Steps (Dundee) – 9 years.
- Developer & Facilitator of structured wellbeing and resilience programmes.
- Experience working across housing, homelessness, and wider frontline service environments.
- Early career experience in care, palliative support, and additional needs provision.
- Work informed by both professional and lived experience of recovery.

### **Qualifications**

- Degree-level academic research focused on responses to self-harm.
- Level 3 Award in Education and Training.

### **Approach**

Guided by four core principles: Truth, Reason, Encouragement, and Empathy – Stuart’s work is grounded, practical, and human.

At the core of his delivery is a simple structure that helps people shift perspective, allow honest response, and apply practical tools in real situations.

The approach is direct and applicable to everyday challenges, helping people navigate complexity and ongoing demand with greater clarity and steadiness.



### **Why Book Stuart**

Stuart's sessions are designed to strengthen how people show up in demanding roles – supporting engagement, morale, and steadiness in challenging environments.

It supports organisations to reduce burnout, retain experienced staff, and support a more consistent response to ongoing demand.

He is particularly effective in frontline and operational settings where people are expected to keep going despite ongoing challenge – helping them do so with great clarity, stability, and capacity.