



Stuart Gilmour (Girumoa)

Mental Health Speaker & Educator

Overview

Stuart (Girumoa) is a mental health speaker and educator with 20 + years of experience supporting people to navigate anxiety, stress, depression, trauma, and emotional overload. His work combines education, lived experience, and trauma-aware practice to deliver grounded, practical, and relatable sessions suitable for corporate and third sector audiences.

What He Delivers

- Practical, evidence-informed mental health talks.
- Resilience and emotional regulation under pressure.
- Trauma-aware wellbeing sessions.
- Clear, jargon-free approaches to stress and overload.
- Sessions designed to be safe, relatable, and engaging.

Background & Experience

- 20 + years of experience in mental health education and advocacy.
- Former Mental Health Educator, Positive Steps (Dundee) – 9 years.
- Primary developer of the Health & Wellbeing programme; group lead facilitator.
- Co-developer and facilitator, Seniors Training & Empowerment Programme.
- Mental health advocacy with people experiencing homelessness.
- Early career support work with children and young people with additional needs (local authority provision).
- Early career Palliative Care Auxiliary Nursing.
- Former UK Representative, To Write Love on Her Arms (TWLOHA).

Qualifications

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

Approach

Stuart's work is grounded in four guiding principles: Truth, Reason, Encouragement, and Empathy. His sessions focus on sustainable ways of responding to stress, supporting clear thinking and emotional resilience without blame, jargon, or over-promising.

Why Book Stuart

Authentic, trauma-aware, and relatable, Stuart brings credibility, depth, and calm authority to every session. He is particularly effective with audiences who value honesty, clarity, and practical insight over performance or hype.