

Janaina Betteley

Janaina is a seasoned executive, growth strategist, and founder of reCompass, a consultancy helping leaders, founders and board members to thrive through compassion. With over 20 years of global experience across banking, consulting, and startups, she has built and scaled businesses, led transformation programs for Fortune 100 companies, and co-founded a fintech venture.

After her own journey through burnout and self-healing, Janaina embraced the science of compassion, blending it with her strategic expertise to inspire meaningful change. She deepened her knowledge by completing an 11-month course on Compassion at Stanford and earning a teaching certification from the Center for Compassionate Leadership. Through her talks, workshops, and programs, she empowers leaders to drive sustainable growth while fostering human connection.

Patrick Regan OBE

Patrick Regan OBE is an activist who is passionate about speaking on themes such as resilience, courage and wellbeing. He has founded two award-winning charities; XLP, a Schools and Community Charity which he ran for 22 years and pioneered Kintsugi Hope which has Wellbeing Groups all over the UK to help people in their mental health. He is a mental health first aider, a campaigner on issues of social justice and was awarded an OBE for his services to young people by the late Queen Elizabeth II. He is an Honorary Fellow of the South Bank University for his contribution to Justice and Wellbeing and recently was awarded CEO of the year 2023 for mental health training. He is also an accredited teacher for the Centre of Compassionate leadership. He is the author of seven books, his latest book Brighter Days, 12 Steps to Strengthen your Wellbeing, reached number 2 in popular psychology charts on Amazon.