



Nick Baylis

AUTHOR

Cambridge Lecturer, Psychotherapist, Author

About:

- **Gender:** Male
- **Nationality:** United Kingdom
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Speaking
- Training and Workshops

Topics:

- Future of Technology
- Health & Wellbeing
- Leadership & Management

Biography Highlights

- **Cambridge University Guest-Lecturer:** runs a series of workshops on 'How Courage Works' (2025 on-going)
- **Wrote 100 Columns in The Times as Dr FeelGood;** Author of 'The Rough Guide to Happiness' (Penguin); and 'The Science of Well-Being' (Oxford).
- **20 years Consultant Therapist & trainer to the world largest airline** (The Ryanair Group) for the all-round well-being & high-performance of their Pilots.

Biography

Nick makes clear and simple a host of practical and promising strategies that every individual in any walk of life could readily explore for themselves and their loved-ones.

In his work as a therapist, lecturer, researcher and writer, Nick try to champion what he call the Radiant Well-Being characterised by creative action that is good-natured and full-bodied, lion-hearted and life-embracing. If Well-Being is the capacity to thrive (not merely survive) no matter what life throws at you; then Radiant Well-Being is to possess that capacity in such strength that the energy ripples outwards, like Beauty ... to help the surrounding world.

During his 8 years lecturing 'Human Well-being' at Cambridge University, Nick wrote 'The Rough Guide to Happiness' for Penguin Books, and wrote 100 weekly columns as 'Dr FeelGood' for The Times newspaper. He has also presented his fascinating insights-on-life all around the world: to award-winning Management Consultancies, Head-Teacher think-tanks, HR conferences, Blue Chip Companies, and High-Security Prisoners.

Dr Nick Baylis is currently helping to nurture all-round well-being within the whole community that is Rugby School (founded 1567).

In Nick's own words...

"I'm so glad to earn my living as a Well-Being Psychologist who champions the all-round development of whole lives: our mind & body, our relationships & soul.

I was lucky enough to gain my PhD in Life-Development Psychology from Cambridge University, where for eight years I then served as the UK's first Lecturer in both Positive Psychology and The Science of Well-being.

It was a blessing that my Cambridge PhD examiner back in 1999, was the wise & compassionate George E. Vaillant, the Harvard Medical School Professor of Psychiatry. For more than 40 years, George was the Director of The Harvard Study of Adult Development, which has carefully tracked several hundred individual lives over 70 years, so as to understand what helps and what hinders 'a life going well'.

It was a pleasure to write 100 weekly columns for The Times newspaper as 'Dr FeelGood on The Science of Happiness', and a pleasure to author The Rough Guide to Happiness : simple steps to all-round well-being (Rough Guides/Penguin Books); and it was quite an education to co-organise the first ever three-day Royal Society conference in this field and accompanying book on the subject, with a chapter by Professor Daniel Kahneman, the Nobel Laureate psychologist.

As a graduate of The National Film & Television School, and the MA in Creative Writing at the University of East Anglia, I was grateful to be sponsored by Working Title Films and Channel 4 TV, so as to be the creative-writing tutor in Feltham High-Security Young Offenders' Prison (the largest in Europe). Here, in 1998, I raised £150,000 as the volunteer founding-director of the Trail-Blazers.org.uk 'inmate mentorship programme' (now thriving two decades later at Aylesbury prison with General Lord David Ramsbotham as its patron).

For my YoungLivesUK.com project, I was privileged to interview-at-length some of the most accomplished young adults of their generation, (dancers, artists, commandos, scholars), and also dozens of stars in many walks of life: BBC's Kate Adie, writers Bill Bryson and Nick Hornby, former England football captain Gary Lineker, SAS General Sir Peter de la Billiere, master-chef Jamie Oliver, and entrepreneur Martha Lane-Fox.

I simply asked "What helped you make progress and enjoy the journey?"

As a therapist & performance-coach, I still thoroughly enjoy working one-to-one with individuals in all walks of life: from undergraduates to educators, and from entrepreneurs to airline captains.

Since being invited by Dr Sir Anthony Seldon to help with his well-being initiatives at Wellington College in 2006, I've gladly presented at all of the UK's major Head-Teacher conferences, given more than two hundred half-

day training-workshops at leading educational institutions, and healthcare organisations and commercial businesses in the USA, Europe and Scandinavia. Along the road, I've become a Chartered Psychologist, a Senior Associate of The Royal Society of Medicine, and a Fellow of The Royal Society of Arts."

Nick Baylis' Speaking Style

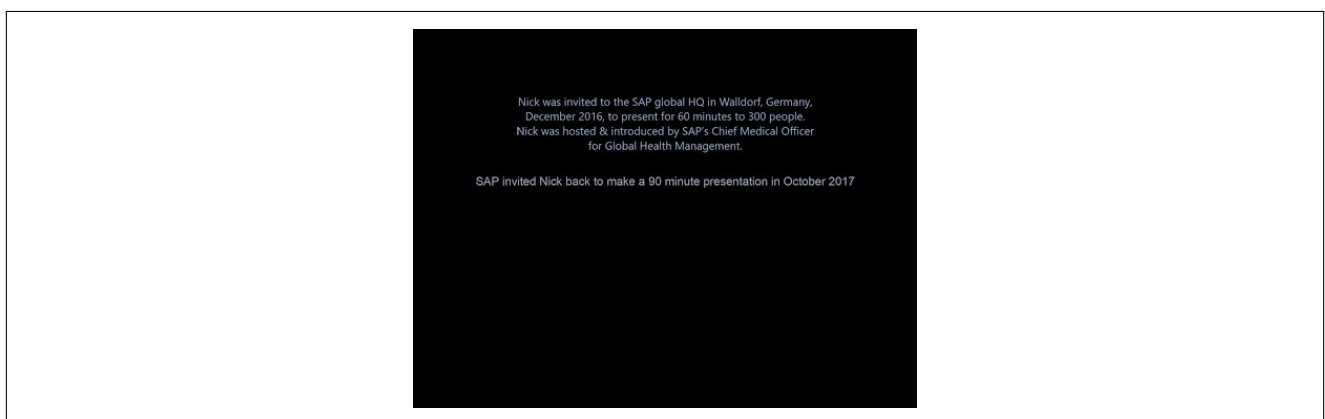
Nick's soul-cheering presentations are a great way to start or end a day, and to treat your audience to something practical and helpful that is entirely intended to nurture their health-and-wellbeing">good health & happiness.

This highly credible University of Cambridge-trained Consultant Psychologist & Psychotherapist, shares with good humour and cheerful passion, all the cutting-edge insights from the Sciences & Arts about what can help our daily life go wonderfully well

Nick makes clear and simple a host of practical and promising strategies that every individual in any walk of life could readily explore for themselves and their loved-ones.

Nick has recently created an audiobook, Courageous Psychology sharing his thoughts on life-skills development.

Videos



Nick's Topics

How an awareness of well-being can help the design of products and services

Available: Virtually

How an understanding of culture-wide changes in the 'emotional climate' and in society's general sense of well-being, can help explain market trends on a national and global scale

Available: Virtually

The Science of Happiness

Available: Virtually

The well-being and high performance of individuals and teams

Available: Virtually

Testimonials

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It's fascinating, fun and encourages you to think, re-assess and redress the balance; it all makes perfect sense. To understand your own needs is the first step in understanding the needs of others – knowing what makes us tick, but also recognising what makes us tick better. As a leader, this is a fundamental requirement... especially when the chips are down!

Lieutenant Colonel Maria Holliday

QGM of the British Army's Royal Military Police

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Rarely have I experienced a better blend of wit, wisdom and compassion presented in an engagingly refreshing writing style. I am sure you will enjoy it and benefit fully from its 'spot-on' relevance to contemporary life.

Philip Zimbardo

*Former President of the American Psychological Association
and 50 years a Stanford University Professor*

Speaker Bureaus And Talent Agencies

Nick Baylis is available to book via these agencies



Recommended



Speaking Agency