**John O'Grady**

John has worked in the field of mental health and wellbeing for over 30 years. His specialist interests include Wellness and Recovery Training; he is an advanced Wellness Recovery Action Plan (WRAP) facilitator and was instrumental in introducing this approach into Northern Ireland. He is a Storm (Skills Training in Risk Management) facilitator which equips people with the skills to intervene in self-harm management and again was instrumental in introducing this approach into Northern Ireland. He was also responsible for the Introduction of the Knowledge and Understanding Framework (KUF) training on personality disorders into Northern Ireland as well as the Republic of Ireland. He managed the mental health and learning disability team at the Clinical Education Centre for many years and was responsible for the co-ordination of training across Northern Ireland to qualified health care professionals. John has lectured widely in mental health; he facilitates team building and now uses the WRAP approach to enhance same. He and his colleague Anne were awarded the Nurse of the Year by the Royal College of Nursing in 2012 for this innovative work and for his introduction of WRAP into the Southern Health and Social care Trust.