



Proactive Psychological Resilience

Creating new realities

2021



PPR Solutions

Leadership, Team
Dynamic and People
Performance Solutions

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PPR Solutions Team



Ian Washington-Smith - Director

Only after a 30 year career in policing management and having acquired new knowledge did I come to really understand how the optimum response to any given situation is consistently achieved.

The Rego Approach unlocks the mind when we confuse symptoms with causes. After retraining at the College of Cognitive Behaviour Therapies and gaining Advanced Diploma's in REBT/CBT and Integrated Therapies, I met George Stylianou and utilising his expertise in behavioural wiring developed this approach that created much needed solutions to current challenges. The method is ideally utilised proactively, to help individuals develop resilience through a practical understanding of the mind and its effects. Empowering people to understand how perception influences their views of situations.



George Stylianou - CEO

Following a career, spent directing large operations within the leisure and hospitality sector, George launched his consultancy in 2005. Over the next twelve years, he built an award winning business that proudly supported some of the most prestigious leisure and hospitality businesses in the UK, including De Vere Hotels and David Lloyd Leisure. These experiences allowed him to identify and hone the fundamentals behind good practice, but more importantly, how to develop a multilayered approach to negotiating and influencing.

Underpinned by a developing expertise in "behavioural wiring" he eventually co-founded the Rego Approach©. This method is shared to give a deeper understanding of the mind and its effects. The method is currently used in forces to help build mental resilience and collaboration and to develop leaders at all levels of the organisation.



Matt Gardner - Associate

A former Chief Superintendent and senior executive with long-standing experience in leading complex operational delivery across a highly complex public sector organisation. Matt holds a SECO qualification, allowing him overall command of joint police and army security operations for the Trooping of the Colour and other public events where the Royal Family are in attendance.

As the former head of Metropolitan Police DPS (Directorate of Professional Standards) he is a key note speaker, most recently at an International Conference on Corruption in Stockholm, (EPAC European Partners Against Corruption).

Matt is an ethical leader and his values and beliefs set the tone and standard across London's police service. Matt believes that disproving a matter is equally as important as proving it in the interests of legitimacy and openness and this approach sets the standards, expectations and confidence levels across London's 50,000 employees. Matt has a comprehensive background in cultural change programmes and leadership.



Jodana Janse Van Vuuren - Business Delivery Co-ordinator

Having enjoyed a diverse career spanning acting and writing for theatre, sales and content creation for renowned brands and agencies, Jodana then spent a number of years working across the events and exhibitions world. Connecting all of this experience is her passion for developing new skills and using this knowledge to help businesses and people reach their full potential.



Bea Johnston - Commerical Project Delivery

Bea's academic background has led her to be a passionate researcher and public speaker in the field of Behavioural Science, with key areas of interest in social cognition, organisational psychology and marketing. Bea is motivated to generate insights through reliable, peer-reviewed research and present insights accessibly to non-expert audiences. She encourages solving problems strategically, yet is unafraid to challenge traditional logic to arrive at effective, yet unconventional solutions.



Rego Approach© PPR Solutions

Police expertise and proactive mental health

Over the last 5 years, working closely with police officers and police staff and people in the business sector, we have developed an effective proactive response to mental wellbeing in support of the work of Occupational Health and HR.

It focuses in a non-psychological way on improving the understanding of the mind and what drives thinking and behaviour. It allows us to generate realistic, goal related alternative ways of responding to challenging circumstances. We do this using a practical approach that is easy to learn and we refer to it as the Rego Approach©.

Policing culture is unique and easier to understand when you have worked within it. The success of our proactive mental health and wellbeing programmes has been based on our ability to practically apply our knowledge to specific challenges faced at all levels of the organisation appropriate to rank and file or policing leaders.

Note from Non-Executive Director



Simon Foster
Non-Executive Director

We are often told to “think clearly”, to “make clear decisions” and “facilitate positive cultural change”. In a people based business like events, the need for leaders and teams to do all of those and more is often the key to success. The Rego Approach© supports this and develops self-awareness, and helps you adapt and move to a place we call, ‘anticipation’. Adopting this new way of thinking makes you conscious of the ability to do what is effective, more consistently.

Overcoming the adverse effects of human thinking and behaviour still presents the main challenge to people and organisations in pursuit of increased efficiency and general performance, in “normal” times but even more so when they are more challenging.

To do that successfully you have to understand that your behaviour is merely a printout of your consistent thoughts, and we aim to help you understand and manage that. What we do is by no means therapeutic, it’s practical and is easy to understand, but most importantly, it’s easy to implement quickly in what you do.

Simply put, we promote clear thinking and consistent behaviour that creates increased performance and value for you, through cultural change.

A handwritten signature in dark ink, appearing to be 'S Foster', written in a cursive style.



Service delivery

Virtual events

In a Virtual experience, the concierge element is crucial. Whether it's in a group 'thinkshop' or one to one session, we manage speakers and presenters by facilitating all aspects of the interaction, including the use of private visual rooms, interactive polls and 'in session' discussion tools. We have the resources to work on any virtual platform and therefore, we are able to elevate your service to give every participant a personal, unforgettable virtual experience.

Large events and organisations

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Rego have an unrivalled reputation for providing superb service. We are renowned for our client focus and attention to detail. With over 25 years experience in the Events Industry we ensure that our staff consistently deliver the quality of service our clients demand. Serving clients such as Bloomberg, Shell, Deloitte and many other blue chips, Rego have provided excellence in logistics and on site management with consultancy, planning and implementation of large scale events as well as coordination with other agencies.

Events such as the London Olympics, Shell Eco Marathon, The Conservative Party Election Campaign and Formula One have all required a high level of accreditation, health & safety and security level clearance. Co-ordinating Transportation & VIP programmes, Conferences, Congresses and Corporate Events including Celebrity attendees are all part of our service suite.

Rego work across a number of notable virtual platforms enabling delivery of online conferences, award programmes and webinars ensuring that a digital event and it's content engages and translates to being in person. Rego are experienced with discretion and efficiency at every level.

Summary

Rego empowers people at all levels of an organisation, through a better understanding of thinking and behaviour in the working environment, particularly during Covid.

We educate, and also provide other services such as accredited teams of Managers, Hosts and Event Staff that work across exhibitions, live and virtual events and award ceremonies.

The Rego Approach©, developed as the method of sharing knowledge, to support individuals and organisations. This approach underpins all our services whether they are virtual, hybrid and in person events.

Rego operate globally and as such are able to provide extensive linguist options to facilitate all regions.



Clients

We value all our clients and the relationships we create. Here are just a few...



Rego Products Catalogue

Rego delivers innovative solutions for the public and private sector for all live, hybrid, virtual events and exhibitions. Our cross-industry experts supply invaluable skills to individuals, teams and organisations.

Our team supports and leads on sales; event logistics; educational programmes and digital conceptions.

Please contact us to arrange a discovery meeting where we can discuss your requirements.

Contact

info@theregogroup.com



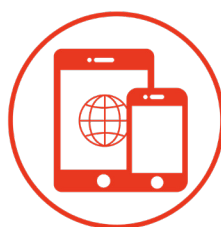
Virtual Solutions

Concierge, Moderators, Personal Assistants, Presenters and Tech Support.



CPD Solutions

Leadership, Team Dynamic and People Performance solutions.



Tech Solutions

Instant Data Capture, Resource Management and Logistics.



Staffing Solutions

Expert Sales Personnel, Event Managers, Hosts and Teams.

Team fully trained with Rego Approach and COVID-19 Awareness trained.
Legacy of industry success and experience over 25 years.

