



Bio: Sam J Rehan

Stress Educator • Speaker • Author
CPD-Accredited Training Provider

Sam J Rehan is a UK-based stress educator, speaker and author. She helps people and organisations understand what stress does to the body, behaviour, communication and connection and what to do about it. Her speaking and teaching style is simple: clear science, plain English and practical tools people can use straight away.

Sam began her career as a development scientist. She later moved into international corporate training and has more than 30 years of professional experience. She has trained people across five continents and more than 30 countries. Today, her work focuses on workplace stress, burnout prevention, communication under pressure, healthier workplace culture and sustainable leadership. She works with businesses, leadership teams and organisations across sectors including finance, legal services, education, healthcare, care services and charities.

TEDx: WE MISREAD EACH OTHER UNDER STRESS

In her 2026 TEDxtalk, "We Misread Each Other Under Stress," Sam explores a simple but important idea: when pressure rises, the way we read other people can change. Stress can affect behaviour and connection. Reducing stress can help us understand one another more clearly.

[Watch her 7 - minute talk](#)

PROFESSIONAL CREDENTIALS

- Director, Wellbeing & Ease Ltd.
- CPD-accredited training provider through The CPD Standards Office
- Accredited activity: Workplace Stress Awareness and Practical Coping Skills (HSE-Aligned)
- Professional Member, International Stress Management Association (ISMA)
- BSc Biological Sciences; former development scientist
- Qualified Mental Health First Aider
- Author of Laugh More: Soar In Your Health, Career, and Relationships

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SamRehan.com
Wellbeing & Ease Ltd.

Educating people and organisations to reduce stress.
So they feel better, cope better and connect better.
At work, in life and in the community.