

Ricky Du Plessis

SEND DAD & ADVOCATE · AUTHOR · SPEAKER

Capacity, not just coping. Helping the staff and parents who care for others - especially SEND children - keep showing up, without burning out.



- Associate Member, Professional Speaking Association
- Associate Member, The Applied Neuroscience Association
- Author of Conquering King Stomach
- Host of The Animal-Based Dad Podcast
- Recent engagements: Metabolic Psychiatry Summit (Oct 2026), M3 Job Club workshop (Oct 2026), Mind Circles Talks keynote, London (Aug 2026)

THE GAP RICKY IS BRIDGING

Every lesson, every act of care and every intervention reaches a child or the person being cared for through an adult: a parent, a carer, a teacher. Yet the people delivering that care carry a chronic, largely invisible stress load with almost no support of their own. Conventional wellbeing advice assumes you can reduce or remove the stressor. In education, care and SEND you often can't, so what decides whether someone burns out or keeps going is their capacity to carry the load. And that capacity can be deliberately built.

Metabolic psychiatry looks at mental illness through the lens of metabolic health. Ricky takes its principles upstream, applying them preventatively to build caregivers' capacity to withstand stress that won't let up. He spent years immersed in metabolic health before becoming a SEND dad. That head start meant the relentless demands of caring and advocating for his son, the kind of chronic stress that burns most caregivers out, didn't break him. Now he writes, speaks and advocates so other SEND parents and professionals don't have to rely on luck.

"I'm not advocating from the outside. I'm living it."

"I genuinely learnt so much from the talk myself."

Jenny Okolo, Founder, Mind Circles Talks

KEY INSIGHTS & DISCUSSION POINTS (Every keynote, webinar or workshop is built for the audience that books it)

The Caregiver Is the Intervention.

Why supporting the adult is the real delivery system for the child, and what the SEND system overlooks when it forgets that.

The Load You Can't Put Down.

Why conventional wellbeing advice fails SEND families, when the demands of caring, fighting for provision and facing a world that judges before it understands have no end date, and what actually helps.

The Metabolic Roots of Resilience.

How metabolic health underpins mental health and our ability to absorb chronic stress, and what the emerging science means for caregivers.

Burnout on the Front Line of Care.

Practical, biology-informed strategies for education and care staff to keep showing up without running on empty.

FORMATS:

KEYNOTES & TALKS · WEBINARS · WORKSHOPS · PANELS · PODCASTS · INTERVIEWS

AUDIENCES:

SCHOOLS · COLLEGES · EARLY YEARS SETTINGS · CARE PROVIDERS · SEND PARENT SUPPORT

Ricky Du Plessis

I bring something genuinely under-discussed, and say it with honesty rather than easy answers. Let's discuss how I can help you and your audience.

www.rickyduplessis.co.uk

