

# Ricky Du Plessis

SEND DAD & ADVOCATE · AUTHOR · SPEAKER

Capacity, not just coping. Building the capacity to withstand inescapable chronic stress, through metabolic resilience.



- 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

Almost every part of modern life can feel stressful, from work to home and everything in between. Much of that stress has no simple off-switch. Conventional stress management assumes you can reduce or remove your exposure to the stressor. When you can't, what decides whether you burn out or keep going is your capacity to carry the load. It's why the same relentless stress breaks one person and builds another. 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 the capacity to withstand stress that won't let up. He spent years immersed in metabolic health before becoming a SEND dad, where the demands of caring and advocating for his son brought a form of chronic, inescapable stress that research has compared to that of combat veterans. That head start meant he didn't break where most do. Now he writes, speaks and advocates so others 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)

### **Why the Same Stress Breaks One Person and Builds Another.**

The biology of burnout and anti-fragility: why capacity, not willpower, decides who keeps going.

### **The Stress You Can't Walk Away From.**

Why traditional stress management fails when the pressure won't let up, and how to build anti-fragility instead of grinding down through attrition.

### **It's Not in Your Head. It's in Your Biology.**

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

### **Capacity, Not Just Coping.**

Practical, biology-informed strategies for teams and individuals to keep showing up without running on empty.

## **FORMATS:**

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

## **AUDIENCES:**

CORPORATE · LEADERSHIP · HR & PEOPLE · WELLBEING & RESILIENCE

## 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](http://www.rickyduplessis.co.uk)

