



Meet the Team

TONY MUNNS

Tony is Rachel's husband and looks after the marketing, social and graphic design for Resilient Me. He has previously held many senior management roles in the creative business, and understands first-hand the stresses and strains that are commonplace in the business world.

As Tony says: "I cannot overstate what a big difference that recognising the symptoms of stress - and knowing how to manage them - can make. If every young person or adult worker is given the right help and strategies early enough, everybody wins. Achievement is better, productivity increases, and the entire work or learning environment improves. I firmly believe in Resilient Me and what it can achieve, and look forward to working with our clients to create happier and more fulfilled lives."

Away from the office Tony loves to spend time at the coast with his family and dog Molly. He enjoys paddleboarding, is a keen bass player and is also an artist. His paintings of seascapes and seaside subjects have sold internationally, and in 2019 earned him a place on Sky Arts *Landscape Artist of the Year*.