

Leadership Mentor Bio's

Name: Matthew Anstee-Brown

Job title: Regional Director, Social Care



A little bit about me: I am a father of two who is passionate about social care, music and sport!

A snapshot of my career: I am using my vast experience in the adult social care sector in my current role as Regional Director. I currently oversee the operational and strategic success of 7 nursing home. Previous experience includes: Both operational and strategic experience, which led to a successful record of seeking out, implementing and developing new business. Empowering and coaching individuals and teams with the goal of creating and maintaining a problem-solving culture. I started as care assistant. Also worked as a CQC inspector.

I like to motivate others by: actively listening. There is nothing more powerful in life (personal and work) than effective communication.

A personal value I stand by is:

Effective communication, empathy, respect and honesty.

Others would say my best leadership quality is:

Listening, being patient and calm.

Understanding the value of a work/life balance.

My main strengths, skills and qualities that would benefit a mentee are:

I have a calm nature and allow people time to step back and reflect.

My interests outside of work include:

Music and sports. I write, record and perform my own music, which is something that I have always enjoyed.

I love competition and being involved in a variety of sports. I am a keen runner and have run several marathons.

Anything else of interest:

I like to read and listen to a variety of podcasts.