



## Coventry & Warwickshire CIPD AGM

Thursday 3 May 2007  
Coventry University, William Morris Building  
AGM 5.30pm, Buffet 6.00pm, Speakers 6.30pm – 8.30pm

### What causes your organisation and employees stress?

To sign up to this event contact Groundcover services e-mail [cipdcw@aol.com](mailto:cipdcw@aol.com) tel 02476 412415.

Our annual AGM starts the evening with a compressed half hour where you can find out more about what is involved in joining our Committee. If you cannot make the AGM, then join us for a buffet before our two presentations begin at 6.30pm. This year our speakers, Carole Spiers and Professor Denise Skinner and Marian O'Sullivan, are themed around organisational stress.



Carole Spiers

#### **Carole Spiers – Motivational Speaker, BBC Broadcaster and Author**

Carole doesn't just talk success, she lives it! Author of Tolley's 'Managing Stress in the Workplace' and 'Turn Your Passion Into Profit', Carole is the founder of an international stress management group which has won repeat business for over 20 years with leading corporations from Unilever to Walt Disney, and Panasonic to the Bank of England. Carole is President of the London chapter of the Professional Speakers Association and a VP of the International Stress Management Association.

*The theme of her presentation will be centred around 'The DNA of a Healthy Corporate Culture' considering:*

- The move away from hierarchies towards interactive teams
- Where vision and strategy go hand in hand
- New communications skills to motivate talent
- The impact of positive attitude on individual and group performance
- Aim to make every team-member feel recognised and valued
- Where a motivational and engaging culture unleashes potential

[www.carolespiersgroup.co.uk](http://www.carolespiersgroup.co.uk)



Professor  
Denise Skinner

**Professor Denise Skinner and Marian O'Sullivan of Coventry University** will present the findings of the seventh, national, 24/7 Work Life Balance survey and will look at the regional picture for the Midlands which emerges from the data. The survey is a joint undertaking by Coventry University, the Work Life Balance Centre, Keele University and Wolverhampton University. It is an online survey which is conducted annually and this year they have received responses from more than 3000 people who are employed in a range of sectors. Data from the survey relates to the nature of people's jobs, workload control, health issues including stress, the balance with family life

and the impact of legislation relating to work-life balance. Responses are also analysed on the basis of age, gender, carer responsibilities and the work that respondents undertake. Analysis of this year's data is currently under way and a report of findings is due to be published at the end of March.



Marian O'Sullivan