

Carole Spiers MIHPE MISMA

World Authority on Executive Stress

Motivational Speaker. BBC Broadcaster. Best-selling Author

‘Achieving sustainable success by adopting a healthy corporate culture’ has been Carole Spiers’ mission for the past 20 years. She provides the cutting-edge of expertise in this vital field and brings together **individual empowerment and executive management** to improve performance and increase profit.

This gives her unique credibility as an authority on personal empowerment and as a **BBC Broadcaster** and **best-selling author** on stress-related subjects. Carole is frequently contacted by the **international media** for professional comment and is a sought-after **Keynote Motivational Speaker** for international conferences and seminar platforms. She is also an **Expert Witness before the UK Courts**.

***TESTIMONIAL:** Her inspiration is touchable as she provides you with the impetus to permanently transform the quality of your life, be reinforcing in yourself the absolute will and determination to succeed’. Mark Stagg, HR, Maritime Coastguard Agency*

Experience in UAE

Carole doesn’t just talk success – she lives it!

Carole frequently works in the UAE – primarily to fulfill public speaking engagements, stage in-house training and deliver High Performance Coaching assignments to Senior Board Executives

As a **weekly columnist for Gulf News**, Carole writes on topical business issues facing Middle East managers, their staff and employees, in the most critical areas affecting growth, development and sustainable success -

www.carolespiersgroup.co.uk/gulf.html



Corporate Expertise

She works with Senior Boards and Management to forge dynamic leadership teams to think and act strategically in a world that moves faster every day.

Author of the industry bible, Tolley’s ‘Managing Stress in the Workplace’, Carole is also a **successful entrepreneur and founder of the Carole Spiers Group (CSG)**, the UK’s No 1 provider of Stress Management and Employee Wellbeing, which, for over 20 years, has worked with equal success in the contrasting cultures of UK and UAE, advising, coaching and training clients to achieve sustained success through a healthy workplace culture.

Passionate, International Motivational Speaker

Carole is a high energy, charismatic, motivational speaker with a unique ability for **empowering people to change attitudes and mindsets** that hold them back from unlocking their untapped potential.

Let Her Audience Speak For Her!

'Carole's event hosting produced excellent direction for our high profile event...it was an experience to work with someone with such boundless energy and strong eye for detail who combines charisma with credibility'. Lawrence Young, Director, Packfords & Young. UK.

'Carole Spiers' energy, experience and knowledge was greatly appreciated....the value she added was immeasurable. Her presentation was intelligent, interactive and energetic – just what we needed as the closing keynote to our Family Business Forum in Abu Dhabi'. Purva Hassomal, Director, Leaders of Abu Dhabi, Family Business Forum

Proven Results from a Proven Expert

In her role as a High Performance, Executive Coach, Carole Spiers **helps bring out the best in business leaders**, enabling them to deliver sustainable performance both individually and in their teams.

Carole the Person. Going Beyond Expectations

As a **Vice President of the International Stress Management Association^{UK}**, and Immediate Past **President of the London Chapter of the Professional Speakers Association**, Carole's philosophy is widely acknowledged *'Your corporate edge will increasingly depend on a healthy workplace culture – an environment of mutual respect where well-rewarded employees can feel a sense of mission in optimising performance and productivity!'*

In 1999, on behalf of the International Stress Management Association^{UK}, **Carole created and established the UK's highly successful media campaign – National Stress Awareness Day.**

TESTIMONIAL: *Carole Spiers' industry's bible 'Managing Stress in the Workplace' will be compulsory reading for all HR Managers and Directors, as well as secretaries and business Managers with responsibilities for people*

Her client list reads as a roll-call of leading international organisations including -

- Unilever, Accenture, Etisalat, Tecom (Dubai), AXA Insurance,
- Walt Disney, Panasonic, IIR (Dubai), Bank of England,
- Nat West Bank, Ducab, MBC Media, Law Society (London),
- British Transport Police, Zawya (Dubai), W H Smiths,
London Underground, Kanoo Group and many others.