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JUST ONE OF HER PRESENTATIONS HAS BEEN KNOWN TO CHANGE ENTIRE LIVES ... FOREVER!

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# Carole Spiers -

## International Leading Authority on Stress

International Motivational Speaker, BBC Broadcaster & Author

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

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**‘Achieving sustainable success by adopting a healthy corporate culture’** has been Carole Spiers’ mission for the past 20 years. She brings together the often conflicting aims of individual empowerment and executive management – proving to corporate businesses that empowered employees improve performance and increase profit.

This has endowed her with a unique credibility as a leader of personal empowerment, and a popular BBC broadcaster whose expertise is regularly called upon by national newspapers and professional journals.

### The Substance...

Her focus is on developing a healthy and productive workplace culture through the successful management of organisational change combined with effective communication. – all of which is underpinned by a compelling philosophy reinforced by her own experience as an Expert Witness before the UK Courts.

Author of Tolley’s, best-selling book *‘Managing Stress in the Workplace’*, Carole is also the founder of Carole Spiers Group – a dynamic, niche consultancy and the UKs No. 1 provider of Stress Management & Employee Wellbeing – which has successfully won repeat business from such leading corporations as Unilever, Tecom (Dubai), Walt Disney, Panasonic, the Bank of England and many more.

### Carole’s Credentials...

Carole is a high energy, charismatic, motivational speaker with a unique ability for empowering people to change the attitudes and mindsets that hold them back from unlocking their untapped potential. From the small lecture room to the major auditorium, audiences are left wanting to ‘bottle’ Carole’s unique energy and passion.

As President of the London Chapter of the Professional Speakers Association and a Vice President of the International Stress Management Association<sup>UK</sup>, 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 profitability’.

**CAROLE IS AVAILABLE IN THE UK AND ABROAD FOR -  
KEYNOTE PRESENTATIONS, WORKSHOP FACILITATING, EXECUTIVE COACHING, BUSINESS CONSULTANCY AND AS A  
MEDIA SPOKESPERSON ON HEALTHY WORKPLACE CULTURE.**

**To book Carole Spiers and for further information, please contact -  
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