



Carole Spiers Group

International Stress Management and
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Established 1987



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Press Information

For Immediate Release

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Tough At The Top in the UAE and KL !

International Stress Guru, Carole Spiers, Returns To Dubai And Kuala Lumpur To Brief CEOs On How To Retain Competitive Advantage Through The Successful Management Of Stress

International Leading Authority on Stress, Carole Spiers, is to visit Dubai for the third time in just six months, on her way to presenting at two events organised in Kuala Lumpur during early August by IBN International.

Carole will be in **Dubai** from 16th July - 3rd August 2007, during which time she will be making a high profile presentation, '**Change Is Inevitable – Growth Is Your Challenge**' on 30th July at Al Murooj Rotana Hotel, on behalf of TiE Dubai, a global not for profit organisation striving to nurture entrepreneurship (www.tiedubai.org). Carole will also be providing High-Performance Executive Coaching to industry leaders, decision makers and CEOs, on a range of challenges facing Dubai businesses today.

These include:

- *Inspirational Leadership: Inside the Minds of CEOs!*
- *Leading People To Excellence With Team Empowerment!*
- *Organisational Change: Maintaining an Edge!*
- *Resilience: The Real Key To Success!*
- *The Entrepreneurial CEOR*
- *Healthy Corporate Culture: Making the Vision Become reality.*

For the last three months, Carole's weekly column in the *Khaleej Times (Dubai)*, has addressed these high profile issues. 'The reaction I've received has been tremendous, and has highlighted the extent to which Dubai businesses want to increase their understanding of the people-related aspects of generating sustainable success,' she explains.

Carole will then be visiting **Kuala Lumpur** from 3rd - 17th August, during which time she will be Chairing the '*Women of Independence*' Conference on 6th & 7th August and providing a keynote on the subject '*You Can Only Pull Elastic So Far Before It Snaps*'. She will then stage her interactive two-day workshop, '*Managing Stress At The Top*' on 8th - 9th August. (Both events have been organised by IBN International (www.intel-biznet.com) and will be staged at the JW Marriott Hotel.)

“Whichever country I visit, stress is undeniably on the increase,” continues Carole. “According to the Accountants, Grant Thornton International, for example, stress levels among the world’s business leaders have doubled over the last year alone. But there are proven tools and techniques that anyone can learn to help ‘pressure-proof’ themselves, and these are what I’ll be focusing on during my visit to Kuala Lumpur.”

In addition to her motivational keynote presentations, workshops and briefings, Carole is also able to provide consultancy and advice on a broad range of issues related to organisational change, stress management and personal empowerment. Organisations interested either in these; in the events mentioned in this press release or in arranging consultations with Carole during her visits to Dubai and Kuala Lumpur, should call **+44 (0) 20 8954 1593, email cs@carolespiersgroup.com or visit www.carolespiersgroup.com.**

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About Carole Spiers

Carole Spiers is an internationally recognised TV and BBC broadcaster and leading Authority on Stress, with more than 20 years experience in the field of Stress Management consultancy, training and industrial counselling within the corporate, public and voluntary sectors.

A successful entrepreneur, Carole is the founder and MD of the Carole Spiers Group (CSG), a dynamic consultancy specialising in stress management and employee wellbeing from the shop floor to the boardroom. Her client list reads as a roll-call of the leading organisations in the UK - from the Bank of England, the Foreign Office, the Law Society and the British Transport Police to Unilever, Tecom (Dubai), Walt Disney, AXA Insurance, Rolls Royce and many others.

Carole is a Vice President of the International Stress Management Association^{UK}; President of the London Chapter of the Professional Speakers Association; author of Tolley’s ‘Managing Stress in the Workplace’; an Expert Witness on stress-related issues before the UK Courts; and a regular contributor to a full range of broadcast and national media, trade and professional journals including Khaleej Times (Dubai).

For more information, or to arrange a meeting with Carole during her visit, please contact:

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