

Show Stress Who's Boss!

Surviving and thriving as the challenges mount up

**A Business Skills Masterclass for the Senior team, delivered by
Carole Spiers, International Motivational Speaker & BBC Guest-Broadcaster**

Today's business conditions are setting up a dangerous mix of long-hours culture, fast-changing technology, information overload and organisational changes that can seriously disrupt performance. Employees need to get to grips with the big issue of working under pressure, cultivate mental toughness and build resilience. See the results in innovation and motivation triumphantly overcoming all obstacles. We can't do much about reducing those pressures. But we can show you how to manage them – as the big achievers do.

This programme is designed for:

Individuals who needs to effectively manage their own stress, from a manager to a team leader who has to deal quickly with any stress-related problems in the workplace.

Aims of the programme are to:

- Show you how to recognise the signs of excessive pressure
- Learn proven tools and techniques to manage everyday pressure, effectively

Outline

- Spotting the early warning signs of stress in yourself and others
- Understanding the difference between 'pressure' and 'stress'
- Learning to use pressure to your personal advantage
- Work-life balance: the link between home and work-related pressure
- Knowing when to take preventative action in a team member
- Taking care to safeguard your own physical and mental stamina

Outcome

By the end of the programme, delegates will be able to:

- Identify stress in yourself and in others in your team
- Aggressively defy the pressures; stay 'ahead of the curve'
- Be mentally tougher, to manage daily challenges
- Enhance focus and mental agility during periods of high demand
- Use key strategies for email overload and long working hours
- Take responsibility for your own health and wellbeing

This programme is not only designed for insight but for also for effective action.

THIS MOTIVATIONAL PROGRAMME CAN BE DELIVERED AS A KEYNOTE OR WORKSHOP.

Your Presenter - at the service of Government,

Business and the Professions - Worldwide

Carole Spiers, FISMA, FPSA, MIHPE
CEO Carole Spiers Group [London]
International Motivational Speaker
BBC Guest-Broadcaster



Carole's credibility is rooted in twenty years' success as CEO of a leading UK Stress Management Consultancy. As a World Authority on Corporate Stress and popular BBC Guest-Broadcaster, Carole's focus is on developing healthy workplace cultures through building resilience, minimizing the risk of stress and enhanced well-being.

Author of a best-selling book *Show Stress Who's Boss!*, Carole works with equal success in the contrasting cultures of UK and the Middle East that for over 20 years, has numbered among its clients leading corporations including, Accenture, Al Habib [Oman] AXA, Qtel [Qatar], Etisalat [Dubai], Dubai Cables, Gasco, IBM, Kanoo Group [ME], Mubadala and Walt Disney.

Carole is a high-energy motivational speaker able to combine inspiration with insight and her charismatic style and ability to engage emotionally with audiences has made her a sought-after keynote speaker around the world.

She is a Fellow and Past President of the Professional Speaking Association, London. In the UK, Carole launched National Stress Awareness day on behalf of the International Stress Management Association^{UK}, of which she is the current Chair.

She is regularly called upon by the national press and media for comment and is an acknowledged expert by her entry in Wikipedia.

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Carole Spiers has made a measurable difference to the skillset of our C-suite team at Gasco. She regularly delivers Masterclass programmes that develop excellent insights into many of the human challenges that are experienced within the oil & gas industry. Popular and highly regarded, Carole invariably inspires and motivates as she delivers her presentations with impact. A distinct advantage is that our teams have been able to implement her strategies back into the workplace with immediate effect. Carole Spiers comes highly recommended from major industrial clients."

Dr. Jenny Lea-Hewson, Leadership Development Department Head, Gasco