

Wellbeing at the Heart of Corporate Success

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

Healthy employees are happier, more engaged and more productive, as recognised in the trend towards more enlightened attitudes to mental health and wellbeing. Yet there is still a stigma attached to mental ill-health and it is important for organisations to be committed and take action to ensure they offer a healthy corporate culture. Given that full-time employees spend over a third of their waking hours at work, it makes sense that psychological and physical wellbeing should be a priority for employers so that their organisation provides an atmosphere of positive wellbeing.

This programme is designed for:

HR team and Managers who want to lead the health and mental wellbeing initiative throughout their organisations and raise the profile of stress and mental health issues.

Aims of the programme are to:

- Identify procedural interventions that will improve health and wellbeing
- Encourage being open about stress resulting in a healthy corporate culture

Outline

- Identifying the costs of sickness and mental ill health in industry
- Addressing issues around mental health that will reduce absenteeism
- Spotting the signs and symptoms of stress at all levels in the organisation
- Managerial responsibility of supporting the mental wellbeing process
- Challenging stigma and being more mental wellbeing aware
- Encouraging employees to bring their whole selves to work
- Benefits of integrated wellbeing initiatives throughout the organisation

Outcome

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

- Spot the signs of stress and signpost the person towards appropriate support
- See how they can challenge stigma and be mentally health aware
- Prevent health issues arising with a supportive culture around mental health
- Identify intervention for a wellbeing strategy, such as counselling support
- Recognise what is going well and where the gaps are to mental wellbeing
- Appreciate the ROI of a sound stress and mental wellbeing policy

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, Goldman Sachs, 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.

Corporate site: www.carolespiersgroup.co.uk

Speaker site: www.carolespiers.co.uk

London office: + 44 (0) 20 8954 1593 info@carolespiersgroup.co.uk

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