



**CAROLE SPIERS
GROUP**

Fresh Insights in a Crisis Year:

A series of 60-Minute Online Motivational Energisers

Boost your team today!



Delivered by **Carole Spiers Group**

2021

INTERNATIONAL STRESS MANAGEMENT
& EMPLOYEE WELLBEING CONSULTANCY

www.carolespiersgroup.co.uk
info@carolespiersgroup.co.uk
+44 (0) 20 8954 1593

60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Contents

Introduction by Carole Spiers	pg 1
-------------------------------------	------

60-Minute Online Energisers

Show Stress Who's Boss!	pg 2
Instant Stress Relief Through Mantra Meditation & Yogic Breathing	pg 2
Leveraging Health4Wealth: dietary focus	pg 2
Active Listening is Key When Working Remotely	pg 3
Movement Medicine: The no-fluff yoga approach to feeling good	pg 3
Funny Business: why humour is a superpower at work	pg 4
How to Get a Good Night's Sleep	pg 4
Turn on. Tune in. Log out. How to stay motivated & unplug when working from home	pg 5
Laughter: how to raise those 'feel-good' endorphin levels	pg 5
Recalibration - fulfilment for life.....	pg 6
Performance Through Wellbeing	pg 6
Re-ignite Your Purpose - a guide for leaders.....	pg 7
Singalong Energiser	pg 7
Burnout and Beyond – how to recognise the signs and symptoms of burnout and learn to take-back control	pg 8
Build Rapport Online – how to engage a virtual audience	pg 8

Time for a Break

5-minute Bite-Sized Video Online Boosters.....	pg 9
--	------

What is Being Said About The Insight Energiser Series	pg 9
Your Presenters	pg 10
Get in Touch.....	pg 13

60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Introduction

In the pandemic-present world in which we live, employees have more challenges than ever to overcome whilst they are working from home or partially going back into the workplace.

Managers need to manage in ways they have never had to manage before. They need to give of their best and ensure that their teams do the same.

‘Fresh Insights in a Crisis Year’ are online 60-minute Online Energisers where we have gathered together experts in their own field and expert virtual presenters who all work in the field of health and wellbeing.

Our range of Energiser Moments range from learning how to work productivity when working remotely to discovering how to get the most from desk yoga.

In just 60-minutes, we can transport you to another orbit where you can find out how to reduce stress, build your resilience and improve your health and wellbeing.

We look forward to you joining us on this platform.



60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Programme options

1. Show Stress Who's Boss!

With **Carole Spiers**, international motivational speaker and business stress consultant

Carole will reveal her blueprint for working from home successfully and show you how you can be even more efficient and effective in your everyday living.

Overflowing inbox; excessive screen time; limited social interaction; lack of motivation; feelings of isolation; work-life balance. This is the nature of today's new world of working. She will look at current concerns in a pandemic-present world and solutions that will show you how you can still live a productive and healthy life.

As the author of Show Stress Who's Boss! Carole will highlight 3 key tips from her book that will help you reduce stress and build your resilience – immediately!



2. Instant Stress Relief Through Mantra Meditation & Yogic Breathing

With **Prash Kotecha**, international wellbeing and mindset coach

The power of mantra meditation and yogic rhythmic breathing includes over 5000 years of ample proof and these techniques are now finding ever-increasing appeal in and out of the workplace.

You will experience at first hand the genuine healing, calming, yet energising effects of this ancient science, presented with a modern twist.

Learn tools and techniques on how to relax into effortless from the expert. Feel the benefit of increased self-awareness, reduced stress and a greater sense of calm. Find out how to live a peaceful, stress free life and always be at the peak of your abilities.



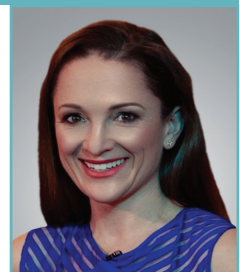
3. Leveraging Health4Wealth: dietary focus

With **Celynn Morin**, registered dietician and wellbeing consultant

Do you know that your health should be a significant priority in your life, but you're not sure where or how to start? As your health practitioner and guide, Celynn will work with you to help you navigate the world of contradictory nutrition and health advice to explore what truly works for you.

Discover six practical lifestyle strategies that will help you enhance your energy and overall wellbeing. Improve your health, lifestyle and mind-set in a holistic and profound way.

Know your health numbers; understand your gut health and connection to brain and body wellbeing; behavioural science to create new lifestyle habits with ease. Find out how to feel energized, not burnt out. Learn how to live by design and not by default!



60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Programme options ... continued

4. Active Listening is Key When Working Remotely

With **Carole Spiers**, international motivational speaker and business stress consultant

Remote or hybrid work is here to stay! Today, Managers need to get the most from their employees by collaborating and communicating effectively with them which is the key to making sure that employees feel engaged and valued.

During the current global crisis, it is essential that business leaders know how to maintain the performance and productivity within their teams. Not everyone can motivate themselves and new methods of working means that some members may feel isolated and experience low morale. So what can the manager do?

It is essential that team leaders know how to actively listen to their teams, either by phone or online. This is crucial for checking-in, following-up and gathering feedback. Listening face-to-face is very different to listening remotely.

Learn tips, tools and techniques that will take you from just a listener to being an active listener: how to deal with difficult conversations, managing silence, how to not interrupt, picking up non-verbal cues.

Many managers assume their existing listening skills are still adequate for remote working but this could be a mistake at this critical time.



5. Movement Medicine: The no-fluff yoga approach to feeling good. Simple strategies for destressing around your desk

With **Jamie Abrams**

- Are you feeling stuck and locked into your desk, computer and home?
- Does the idea of sitting at your desk fill you with fatigue and lethargy?

More than ever before, people are overly reliant on their computers and desks for both work and pleasure.

Poor posture and sitting for long periods of time with little to no movement is not only negatively impacting on our wellbeing, it is also reducing productivity, concentration and creativity.

In this practical session, Jamie will expertly guide you through simple, effective movements and practices that can be seamlessly integrated into any working day and all from your desk!

In addition, she'll give you her top 'active rest' posture to propel you through any energy slump. Not only will you leave this session feeling reignited, you'll also learn ways to combat Zoom fatigue, easy strategies for countering the negative effects of prolonged sitting and be empowered to make movement choices that will boost your productivity, creativity and energy.

No previous yoga or movement experience required and all bodies are welcome.



60-Minute Online Motivational Energisers

"Fresh Insights in a Crisis Year"

Programme options ... continued

6. Funny Business - why humour is a superpower at work

With *Jeremy Nicholas*

A good sense of humour (GSOH) is the most commonly searched term on dating websites. We all want to be with people that are fun. In 2021 team leaders are waking up to the idea that a GSOH is not just a 'nice to have', it's a 'must have'.

Laughter is the shortest distance between two people. We do business with people we know, like and trust; and the quickest way to get them to like us, is to share a laugh and find common ground.

It's a great stress reliever too. Humour has always brought people together, especially in times of crisis. During the pandemic Netflix and the BBC are reporting a huge upsurge in downloads of funny programmes.

In this session Jeremy will share ten different ways to make people smile, as an effective tool in building rapport. It's about being a wit not a clown, and never overstepping the mark.



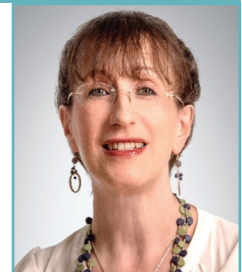
7. How to Get a Good Night's Sleep: tips to wake up refreshed

With *Sue Evans, Wellbeing Strategy Consultant*

Sleep's one of your most effective ways to replenish your inner resources – the ones which get you more smoothly through stressful or challenging times. Therefore, it's unfortunate that just when you need it most (when you're feeling overloaded, worried or stressed) is exactly when it's least likely to be working at its best.

We'll explore the essential benefits of sleep to both your emotional and physical health and how setting yourself up for quality sleep doesn't just happen at bedtime.

And discover some straightforward techniques to help you get to sleep, and stay asleep each night. Because it's so much nicer to wake up feeling rested and ready for the day's demands.



60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Programme options ... continued

8.

Turn on. Tune in. Log out: How to stay motivated and unplug when working from home

With *Celynn Morin*, Wellbeing Consultant

Find out how to make remote more remarkable; How to wind up and wind down when working from home.

Remote working has its perks but also its challenges. With blurred lines, isolation, distractions and disconnection, it's no wonder many are feeling the pressure.

It can be hard to stay inspired and balanced when every day has the same routine and constraints. It is also difficult to “leave work at the door” if you are no longer going out the door.

This engaging session will explore the top ways to help you to:

- Switch ON – How to feel energised and motivated for work in the mornings
- Switch OFF – How to unplug to relax and enjoy your evenings

Join us for a practical and inspirational session. Leave with at least one immediate action you can take, no matter what your personal situation at home is.



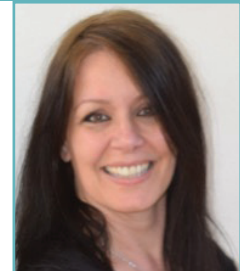
9.

Laughter: how to raise those ‘feel-good’ endorphin levels

With *Lotte Mikkelsen*

Lotte is a Happiness Expert, Laughter Yoga Master Trainer. In this Energiser session we will be exploring how laughter can be used daily as a tool that will take us through lockdown and keep us in touch with other people in a positive way.

For this session it is important to have your sound and video turned on so we can all share laughter together. Laughter works when we hear the sound and see the smiles - the mirror neurons are acting as triggers and we connect through sharing the experience, rather than laughing at anyone or anything.



60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Programme options ... continued

10. Recalibration - for fulfilment for life

With *Michelle Mills-Porter*

Being in line with our core values gives us energy, motivation, happiness, and fulfilment. But being out of alignment can cause stress, anxiety and even illness, as Michelle can attest to.

Why? Because Michelle was caught up in the Boxing Day Tsunami and discovered that adversity can re-awaken us to our hidden core values.

The current Pandemic and Lockdown has given us a chance to re-evaluate what is important. An article by Raconteur published recently in the Sunday Times, quoted 72% of office workers would like a combination of office based/remote working when they return. This reflects the re-evaluation Michelle speaks about, and what she calls “Recalibration.”

In this highly motivational session, she asks how have your priorities changed? You’ll discover what your own hidden core values are, so that you can ensure you remain in alignment with them to unlock your potential and live a life fulfilled.



11. Performance Through Wellbeing

With *Sue Evans, Wellbeing Strategy Consultant*

The pandemic has been tough on your people, so it’s more important now than ever, to make wellbeing a strategic priority – and with an average return of £5.20 for every £1 invested in Wellbeing (Deloitte Jun ‘20), it’s certainly worth doing.

This session explores the straightforward steps to make your wellbeing strategy effective, supporting your people and improving your organisation’s performance - even while people are working from home.

We will explore how to...

- ✓ Cut through the complexity of wellbeing choices;
- ✓ Make wellbeing easier to manage;
- ✓ Get the best returns for your time and money;
- ✓ Put wellbeing at the heart of a smoother-running organization

... Because preserving and restoring their depleted reserves of resilience, enables your people to navigate the rest of the crisis more smoothly.



60-Minute Online Motivational Energisers

"Fresh Insights in a Crisis Year"

Programme options ... continued

12. Re-ignite Your Purpose - a guide for leaders

With **Prash Kotecha**, international wellbeing and conscious leadership coach

Unfortunately, the reality is that a growing number of executives and business owners, of whatever age and whatever area of responsibility or size of company, may find themselves with symptoms of burnout or loss of motivation.

They may feel divorced from their previous sense of purpose and enthusiasm for their work. Usually, this could be the result of having to deal with prolonged periods of stress and high demand, which can impact the ability to lead and navigate at the desired levels.

This can also be one of the key causes behind poor motivation, low performance and ultimately a state of unhappiness and wellbeing.

This interactive session will take you through a revealing journey to help you uncover your personal talents and to course-correct and reignite your original drive and purpose. This in turn will help facilitate stronger confidence, influence and resilience, even helping to regain the competitive advantage that you thought you might have lost.

Sometimes, we all need a course correction, like a pilot of a jumbo jet, in order to avoid turbulence and recover altitude.

Let Prash be your pilot on a flight to rediscover your personal talent!

Check in now for a First Class ticket. Get ready for lift-off!



13. Singalong Energiser

With **George Bell**, Co-founder, on:song

If we were to tell you that you were about to take part in a fun wellbeing session that was going to lift your mood, make you feel less stressed and in a more positive state of mind, relax you physically, make you feel more confident, and reinvigorate you to return to your working day... what would you say?

Singing is integrational and holistic, it brings all of ourselves together - our whole bodies, our breathing, our voice, our thinking and our emotions. Join the session and find out how to get that spark that will lift you for the rest of your day. Create a moment to escape the daily grind and feel a sense of connectivity and release of endorphins. Connect with your body in a really meaningful way.

Join George Bell and find out how you can increase your energy levels and enhance your physical, mental and emotional health leaving you feeling happier, less stress and certainly energised.



60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Programme options ... continued

14. Burnout and Beyond – how to recognise the signs and symptoms of burnout and learn to take-back control

With *Celynn Morin*, registered dietician and wellbeing consultant

So what are the tell-tale signs of burnout, which is a dangerous, partial collapse of our ability to carry out normal everyday activities? Could this happen to you?

As millions of employees have had to shift to remote working because of the pandemic, many find themselves struggling to maintain a healthy work life balance. Isolation and anxiety are on the increase as we continue to experience fast-paced change with its increasing uncertainty.

When such a situation becomes prolonged, it can result in some people finding themselves sliding into burnout without realising what is happening to their mind and body.

This webinar will show you how to renew/reinforce your energy levels to sustain stamina and avoid such dangers by building a solid foundation for physical, emotional and mental wellbeing.

We need to shift from feeling exhausted and anxious, to being energised and creative, thereby ensuring our body and mind work within limits.



15. Build Rapport Online – how to engage a virtual audience

With *Alastair Greener*, communications expert

With more and more of us working from home we have become overnight TV Presenters. Virtual meetings are here to stay, so how do you get your message across in a way that's engaging and builds trust? How do you keep your audience's attention when studies show that up to 65% of them will be preoccupied with other tasks?

In a session packed with practical tips and invaluable advice, Alastair will help you become more confident and effective in your next virtual presentation. You'll learn about online body language, vocal skills and how to make the most of your virtual set up.

This energiser will help become more effective at engaging your audience and building trust, which will lead to more memorable virtual presentations with better outcomes.



These motivational Energisers are not only designed for *insight* but also for *effective action*.

60-Minute Online Motivational Energisers “Fresh Insights in a Crisis Year”

Time for a Break

Also available:

5-minute Video Booster sessions.



What is being said about the FRESH INSIGHTS Energiser series:

“

We are delighted to have started to work with CSG on recommended techniques to managing stress while working remotely. Carole Spiers was inspirational in helping our senior team focus on a structured way to approach potential stress, at any level – particularly during the pandemic.

The webinars were of a very high standard and delivered by a professional team, and were very well received by a large and varied international audience. The illustrated tools and techniques were of immediate practical value to all delegates and, as such, we would certainly recommend the programme series.

”

Rachel Gunning, Independent Specialist Practitioner in Occupational Health [2021]

All our Webinars are Customised to Your Specific Requirements.

Available in two formats:

1. Pre-recorded
2. Interactive Zoom presentation

60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Your Presenters

Carole Spiers

Carole’s credibility is rooted in twenty-five years success as CEO of a leading UK Stress Management Consultancy, working with equal success in both the UK and the Gulf. She is a well-respected authority on building resilience and communication skills, a BBC Guest-Broadcaster and author of ‘Show Stress Who’s Boss!’

Carole is an international Motivational Speaker and is regularly called upon by the national press and media for comment and is founder of International Stress Awareness Week.

She is regularly called upon by the national press and media for comment and is founder of International Stress Awareness Week.



Prash Kotecha

Prash is an international Wellbeing, Resilience & Conscious Leadership Consultant, and Speaker. Combined with his longstanding corporate and business background, Prash’s significant experience in the fields of wellbeing, emotional intelligence and peak performance has resulted in a unique style of coaching, training and consulting that blends unconventional wisdom with real-world pragmatism.



Celynn Morin

Celynn has been developing and delivering workplace wellbeing initiatives since 2006. She is a registered dietician and award-winning, accredited, international speaker.

Celynn has co-authored two books and has developed various wellbeing frameworks such as Performance Chemistry, Wellculator, Santé and FAB Quotient. Her approach is holistic looking at physical, emotional, mental and meaning dimensions helping leaders lead vibrant teams with confidence, a healthy mindset, and joy.



60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Sue Evans

From an Engineering background, Sue draws on extensive experience of delivering transformational culture change. She is a Master Practitioner and Trainer of NLP (neuro-linguistic programming), and an Approved Havening® Practitioner, trained in each by the original creators.

She has a Diploma in CBT (cognitive behavioural therapy), a combined Diploma in Hypnotherapy, Coaching and NLP; and Institute of Leadership and Management certification as a Mentor and Coach.



George Bell

George Bell is co-founder of on:song, supporting wellbeing and mental health in organisations. On:song's transformational singing programs improve staff welfare, and increase engagement.

A lifelong musician and social entrepreneur, George is on a mission to make workplaces happier and promote the benefits of group singing to support global wellbeing. He runs choirs and cultural programmes with forward-thinking organisations worldwide.



Lotte Mikkelsen

Lotte is the leading Laughter Yoga Expert in the UK as well as the Laughter Yoga Master Trainer in the UK and Laughter Ambassador with a background in the technology world and a diagnosis of MS.

Over 1500 individuals have chosen to train as Laughter Yoga Facilitators with Lotte and she has held more than 1,000 corporate workshops. With all of this in her bag she has a great story to tell from a personal, professional and corporate perspective.

Her background and personality enables her to connect with people in a compassionate, fun and engaging way.



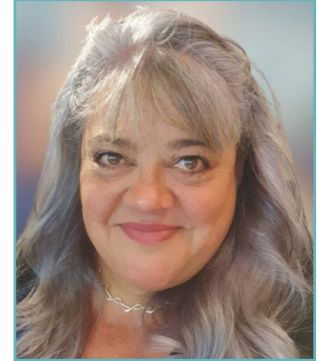
60-Minute Online Motivational Energisers

“Fresh Insights in a Crisis Year”

Michelle Mills-Porter

Michelle's first company was the youngest to achieve Investors in People and she was already an expert in communication. But her experience during the Tsunami changed her trajectory. She had witnessed a magnificence in humanity, the power of true motivation and the limitless possibility of collaboration.

Upon her return, and through her recovery, she worked to capture what she had learned. Becoming a Master Behaviour Profiler but unable to capture what she really wanted to, she eventually created her own suite of analysis tools in communication, core values and behaviour. These tools not only empower individuals, but help organisations to unleash their people potential.



Jeremy Nicholas

Jeremy teaches effective communication in business, using techniques from over 30 years as a BBC News broadcaster, alongside his work as a comedian.

He's taught creative storytelling at the BBC College of Journalism, and runs workshops on how to use humour as an effective tool in the workplace.

Jeremy performed month-long runs of his comedy show at the Edinburgh Festival in 2018 and 2019.



Jamie Abrams

Jamie has been teaching yoga, facilitating and coaching in the wellbeing industry internationally for over 20 years.

She holds senior positions in Embodied Yoga Principles and Sleep Recovery Teacher Trainings. In addition, Jamie mentors and supports other upcoming teachers and coaches.

Jamie is known for her light-heartedness and ability to make difficult tasks accessible.



60-Minute Online Motivational Energisers

"Fresh Insights in a Crisis Year"

Alastair Greener


Alastair is a communications expert with over 25 years' experience presenting on television, radio and stage. With his company Present Yourself, he leads insightful, interactive and inspiring workshops, helping individuals and organisations to present themselves more confidently and effectively whether it's online, on stage or on camera.

He is also a keynote speaker specialising in Personalised Communication, where he helps people build better business relationships through more meaningful and effective communication.



Get in Touch Today

 info@carolespiersgroup.co.uk

 + 44 (0) 20 8954 1593

 www.carolespiersgroup.co.uk



“ Let our Energiser programme show you how to recharge and refresh during the day ”

Carole Spiers