



CAROLE SPIERS GROUP

INTERNATIONAL STRESS MANAGEMENT
& WELLBEING CONSULTANCY

60-mins Motivational Webinars from CSG

Fresh Insights into an Ever-Evolving World of Work

- **Show Stress Who's Boss!**

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

- **Learning to Maintain Motivation During Challenging Times**

Motivation is a key factor that can have a direct impact on the quality of your life and your overall success. In this session we deal with the factors that are within your control. And give you knowledge not only where motivation comes from during tough times but using the tough times to build better motivational skills and greater personal drive.

- **Getting Rid of Negative Thinking (or alternatively – building better thought patterns)**

How we think directly impacts how we feel and how we act. So, learning to get rid of negative thinking is a vital skill that few people explain how to do. This session explains where our negative thinking comes from and how to change it so that we can feel better about ourselves, increase our confidence, and improve our self-esteem.

- **Teaching Yourself to Think More Effectively**

We know that our minds are immensely powerful things because when they work effectively, they come up with all sorts of amazing things. However, they can also be self-destructive and create anxiety. In order for us to change patterns of thinking we need to understand where that thinking comes from. This session explains why we think the way we do and how to change it.

- **Learning to Step Out of Your Comfort Zone**

Stepping out of our comfort zone is a painful thing to do which is why so many people avoid it. But what if you could grow your comfort zone to encompass things that used to scare you? This session will show you how to grow your comfort zone so that you can embrace new opportunities and step out with confidence.



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- **How to Increase Your Self-Confidence**

This webinar will help you to build a strong inner core of genuine self-esteem so that you can do what you want to do with ultimate confidence. It will show you how to root what you do in your own solid reality and robust beliefs. You will learn how to feel comfortable in your own skin, develop your inner confidence and start believing in yourself. It will give you practical strategies to build yourself up and tackle life's challenges.

- **Looking After You**

Maintaining mental wellbeing means ensuring that the total load you're experiencing (your worries, frustrations, challenges, anxiety, fears, upsets....) doesn't exceed your resources for dealing with it. Exceeding your resources is uncomfortable. And the longer it persists, the greater the risk of developing mental ill-health. But there are other important impacts, long before it reaches ill-health. This session explores some straightforward ways to look after yourself, even when you're busy - keeping your brain at its most resourceful, to stay feeling on top form more of the time.

- **Resolving Overload**

How often do you start your day wishing it wasn't time to get up yet? The alarm goes off while you're lying there, warm and comfy. You ease your mind forwards into what the day holds, and quickly wish you hadn't — it's not much to look forward to. You end up dragging yourself out of bed because you have to, carried along on a tidal wave of tasks to do. In this session, we'll explore having less of those days, and more of the ones when things come together. You've a spring in your step, ready for what's ahead.

- **Get-it Goals**

Working towards something which really matters, for yourself, your organisation, or your community, is one of life's most rewarding experiences. But how many New Year's Resolutions fade away long before January's at an end? Setting a goal is the first of many steps to achieving it — and that achieving needs more than logic or willpower to make it happen. So, we'll explore some straightforward ways to overcome your mind's less-than-helpful habits and shortcuts, to make the goals that you set into goals that you get.



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- **Multi-tasking – How to get the most from your time and stay productive –**
Multi-tasking's often a valued skill, and one in which we may take pride. But is it really productive? In this session, we'll explore how to make the most of your mind's capacity and stop a few of its common habits from getting in the way.
- **Leveraging Health4Wealth**
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.
- **The No-fluff Yoga Approach to Feeling Good**
Poor posture and sitting for lengthy periods of time with little to no movement is not only negatively impacting on our wellbeing, but 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!
- **How to Get a Good Night's Sleep and Wake Refreshed**
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.
- **Burnout and Beyond**
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.
- **Singalong Energiser**
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. 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.

Get in touch to find out how we can motivate and energise your team.

We look forward to hearing from you.