

World Authority on Corporate Stress  
Entrepreneur. BBC Guest-Broadcaster. Author

## Carole Spiers. And Business

### Corporate Business...

20 years of Conferences, Seminars, Boardroom Briefings, Counselling and Consultancy on Corporate Stress for blue-chip clients, UK, UAE and worldwide.

### The Speaking Business...

Not just a performer, but Immediate Past President of the Professional Speakers Association, and dynamic organiser and Chair person at major events.

### The Broadcasting Business...

Natural extension of platform skills into the art of addressing mass audiences in an intimate and involving style at the BBC and beyond.



"A single presentation from Carole Spiers totally revolutionized our understanding of Stress Management in Dubai. Her charismatic platform style held everyone's attention from the first moments. Key messages were delivered with force and conviction. And her influence is still being felt in the form of practical working tools, techniques and strategies that are now part of our daily operation." Mohammed Naji (Dubai)

"Carole's energy and experience added immeasurable value as the closing keynote to our Family Business forum in Abu Dhabi". Purva Hassomal, Director, Leaders of Abu Dhabi Family Business Forum

"Her inspiration is touchable as she provides you with the impetus to permanently transform the quality of your life by reinforcing in yourself the absolute will and determination to succeed". Mark Stagg, Maritime Coastguard Agency'

..."Carole was inspirational. The energy and enthusiasm during her presentation was quite unique and helped us to highlight the way forward with the challenges we face". Mike Derrick, Chair, East Sussex & Hove Registered Care Home Association.

## Keynotes and Seminars

Carole's inspirational style and range of topics are equally suitable for a curtain-raiser, closing speech or a major keynote. She can carry a full-day event with confidence, either as speaker or conference chair.

## Carole's Most Popular Speeches

"Show Stress Who's Boss"

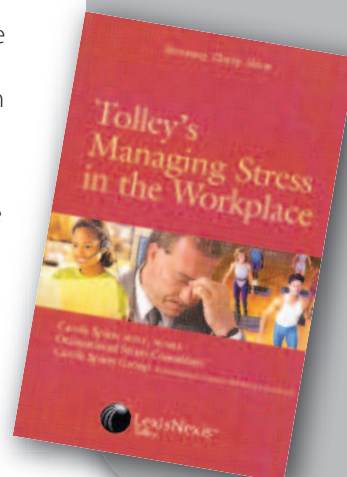
"Change is Your Opportunity For Growth"

"Release the Entrepreneur in You - Lift off to Success!"

"It's a Deal! - Secrets of Effective Negotiation"

"How To Deliver High Impact Presentations"

"This will be compulsory reading for all HR Managers and Directors as well as secretaries and business Managers with people responsibility".  
Personnel Today



# Proven Credibility Behind the Popular Charisma

## MD of Leading International Stress Consultancy

Carole Spiers is founder and CEO of the UK's No.1 Consultancy on Stress Management & Employee Wellbeing. Her focus is on developing a healthy workplace culture through the successful management of stress, organisational change and cultural diversity – all of which is underpinned by her own experience as an Expert Witness before the UK Courts.

## World-Class Motivational Speaker

This is where information meets inspiration. Carole is a motivational speaker in the full sense. She has a unique ability for empowering people to change attitudes and mindsets that hold them back from unlocking their untapped potential.

## Bottom Line Benefits for Your Audience

- Skills and strategies to successfully manage the global recession
- Improved employee communications
- Smoother organisational change process
- Global insights into workplace stress
- Crucial principles for the aspiring or seasoned Entrepreneur
- Preparing for crisis and trauma in advance

"Holding the attention of a multicultural audience for two hours is hard enough. Leaving them with a set of practical stress management tools ready to implement at once is Professionalism Plus! Our Top Team at Phoenix Pharmahandel has learned important techniques from your three presentations, and looks forward keenly to the prospect of more star appearances by Carole Spiers, as well as the solid information that they convey."  
Florian Hohagen, Head of Personnel Development, PHOENIX Pharmahandel, Mannheim, Germany



## Consulted as Stress Expert by all Media

Carole is frequently interviewed by major newspapers such as The Times, Financial Times, The Telegraph and The Guardian, as well as the BBC News, ITV, CNN, CNBC, GMTV and Bloomberg.

In the UAE, she is an acclaimed columnist on the prestigious Gulf News, the Emirates leading daily newspaper, writing on topical issues facing Middle East Management.

Creator of National Stress Awareness Day™ on behalf of the International Stress Management Association.

## Among her Leading Clients...

Carole has worked with equal success in the contrasting cultures of UK and UAE, advising, coaching and training clients to achieve sustained success through a healthy workplace culture.

Her client list reads as a roll-call of leading international organisations including:

Accenture  
Abu Dhabi Marine Operating Company  
Al Habib (Oman)  
AXA Insurance  
Bank of England  
Debenhams  
Dubai Cables  
Dun & Bradstreet  
Etisalat  
Harrods  
Kanoo Group  
London Underground  
Metropolitan Police  
Panasonic  
Speakers Presents (Abu Dhabi)  
Tecom  
Unilever  
Walt Disney  
WH Smith

...and hundreds of other blue-chip companies and organisations worldwide.

Get Deeper into Stress Reduction with our Products. Available at [www.carolespiers.com](http://www.carolespiers.com)

Now bring charisma and insight to your platform.

Book Carole for your next conference and contact

Sam Turner - Tel: +44 (0) 20 8954 1593

Email: [info@carolespiers.co.uk](mailto:info@carolespiers.co.uk)

[www.carolespiers.co.uk](http://www.carolespiers.co.uk)