

# Sue Evans

In building a business or growing a successful career, most of us venture beyond our comfort zone – networking, presenting or public speaking, dealing with awkward people.... If these sorts of situation fill you with dread, then fear not.

**You don't have to get through it the hard way.....**



## Ditch the Fear and THEN Do It Anyway

Toughing it out is an option. But there's an easier way.... When you want to breeze through the things that scare you, you might not think of working with an Engineer. My no-fluff, no-faff approach helped me deliver £multi-million change projects for several international organisations. It now underpins my success in helping numerous people to overcome their fears of public speaking, presenting, and difficult conversations.

## What You'll Learn with Sue

- How to change your mind's set-by-accident patterns, to get breakthrough results
- How to avoid the biggest mistake which almost everyone makes
- Using the skills of top athletes — how to harness your mind's full power, to prepare for big events



*"The skills I've learned with Sue have completely changed my confidence"* **Charlotte, Liverpool**

*"I wanted to build partnerships; but every time I thought of asking, I stressed out, and put it off. Sue gave me different ways to prepare. After months of putting it off, I did it - and got exactly the outcome I wanted."* **Vicki, Crosby**

*"My big fear was presenting. For weeks leading up to a presentation, I'd get increasingly nervous. I'd put in every last scrap of my energy to the preparation; and play through all sorts of things going wrong."*

# Process Engineer your Thinking

Thinking is a process - a sequence of steps which converts inputs (what you're experiencing) to outputs (how you feel and respond). Knowing how to changing that process enables you to respond more calmly to whatever's challenges you're facing, staying focused on the outcomes you really want.

**Sue's Keynotes and workshops are designed to help you to get more of what works, and less of what doesn't.**

From an Engineering background, with over 20 years change leadership experience, Sue's delivered £multi-million projects and culture change for international organisations including Danone, Corning, and Lloyds Bank. She's faced a fair few challenges along the way!

Sue's a Master Practitioner and Trainer of NLP (neuro-linguistic programming), and an Approved Havening® Practitioner, trained in each by the original creators. She also 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.

Drawing on extensive experience of supporting one-to-one clients and specialist knowledge of resolving stress and anxiety, Sue created the FAST Pathways® programme to share powerful skills for Process Engineering the thinking with a wider audience.



*"My confidence was rock bottom, and I'd feel put down by the way people spoke to me, especially my super-controlling in-Laws. Sue's taught me some amazing skills. The in-Laws don't intimidate me any more, and I'm comfortable to stand up for what I want." Rachel, Liverpool*



**To unlock your audience's fear-less outcomes**

Call Sue on:

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