



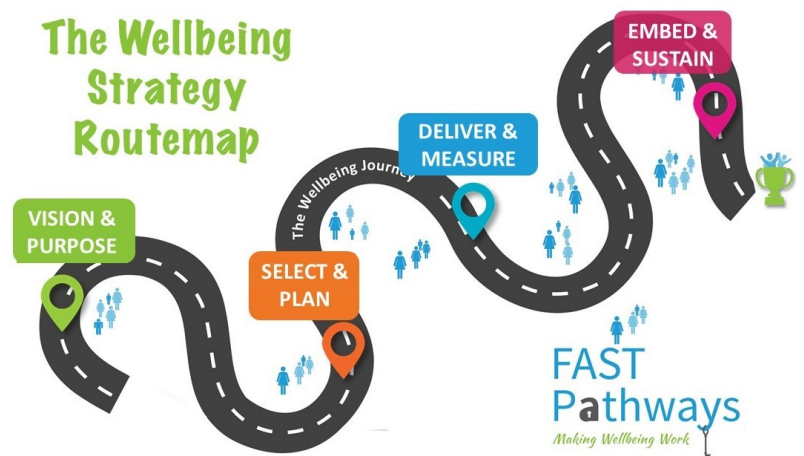
# Sue Evans

How do you get more of your people's best, more of the time? A successful wellbeing programme can improve your organisation's performance, bottom line and reputation. But with all the other priorities you're juggling, it can be tough to find the leadership time to design and deliver it. This session explores how to take out some of the legwork (and frustrations) and build engagement by applying Continuous Improvement best practices to your programme.

## Making Wellbeing Work

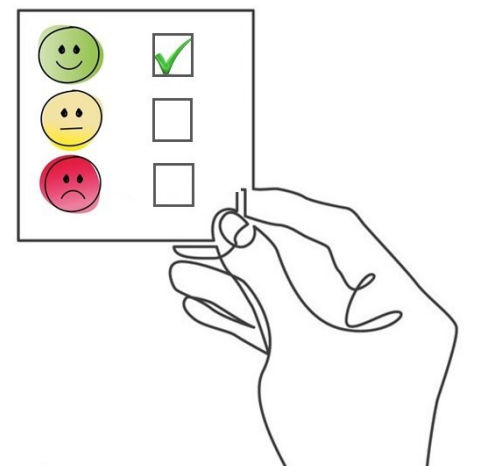
With UK-wide stress-anxiety-depression sickness absence days up by 23% in a single year, it matters more than ever that we get wellbeing right.

Distilled from nearly 20 years' experience of delivering organisational change, this session's packed with tips and techniques (and quite a few things I learned the hard way, and wish I'd known sooner!).



## We'll Explore How To

- Apply the straightforward 4 step framework to create your wellbeing strategy
- Secure your wellbeing budget, so you don't have to deliver on a shoestring
- Demonstrate returns on your investment
- Avoid the common pitfalls, by setting up your programme for first-time success
- and remove the reliance on trying to manage the effects of mental ill-health — because managing isn't a long-term solution



# Embedding the Skills for Better Mental Wellbeing

Thinking is a process - a sequence of steps which converts inputs (what someone's experiencing) to outputs (how they feel and respond). Knowing how to change that process enables rapid, breakthrough results.

**Sue's talks and workshops are designed to help your organisation to apply best practices and build on what's already working, for sustained success**

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. Sue understands the challenges of engaging the workforce and changing behaviours, to deliver sustainable results.

Sue is 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 resolving and preventing the common forms of mental ill-health.



"Stress has caused me to walk away from a previous career to avoid complete burn-out. I've started a new career, but stress and anxiety were still causing time off sick. After a few hours learning Sue's skills, my life's now free from stress and anxiety."  
Alastair, Liverpool



**Explore your organisation's Wellbeing Routemap by  
inviting Sue to speak at your next event**

Call Sue to find out how she can help you on

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Or visit the website to discover more at **[www.fast-pathways.com](http://www.fast-pathways.com)**

