



Sue Evans

“My job’s really stressful. It used to build up until easy, normal situations became a big challenge. With the skills I’ve learned from Sue, I feel so much better, and stronger. I can deal with any wobbles.” **Zoe, Wirral**

Stress 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, that’s all gone—my life’s now free from stress and anxiety.” **Alastair, Liverpool**

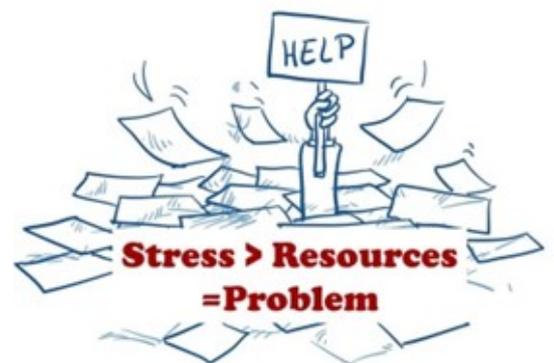
Skills to Keep Stress Useful

Stress can be uncomfortable and disruptive, but not all stress is bad. It’s a problem when the total amount you’re facing exceeds your resources for dealing with it. Below that problem threshold, those stresses can bring out your very best – the challenges you rise to and grow from, even if they’re not ones you’d have chosen. The stresses which give you energy instead of draining it away.

So in this session, we explore straightforward ways to boost those inner resources—to raise your threshold and keep your stress in the useful zone, so that you can take life’s challenges (professional and personal) more smoothly in your stride.

We’ll Explore How To

- Get the best from stress without spending time and energy managing it
- Stop runaway worrying, and sleep more restfully
- Make Helium your key to calm
- Reduce the impact of dealing with difficult people



“I was starting to struggle. My confidence had taken a dive, and I’d often feel like crying. Right from the start, I’ve felt like I’m taking back control, something’s lifted. I’ve gained so much, and what I’ve learned from Sue will stay with me forever” **Julie, Wirral**

Breakthrough Results

With as little as an hour's training, these skills have stopped people from resigning to avoid difficult working relationships, enabled the return to work after repeated absences, and underpinned numerous creative solutions to what seemed unsolvable issues.

Sue's Keynotes, workshops and on-line training are designed to help you to get more of your people's best, more of the time.

Master Class participants choose a situation they want to feel better about, and score how it makes them feel. After the session, the average discomfort level halves.



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 understands the challenges of changing behaviours (even your own!), to deliver sustainable results.

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.



To experience a powerful alternative to managing stress

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