



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 have the skills to deal with any wobbles.”

Zoe, 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 top up those inner resources and keep your stress in the useful zone, so that you can take more of life’s challenges (professional and personal) smoothly in your stride.

What You’ll Learn with Sue

- How to get the best from stress without spending time and energy managing it
- How Helium could be the key to calm
- How to stop runaway worrying
- and how to avoid the biggest mistake which almost everyone makes



“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**

Process Engineer your Thinking

Thinking is a process - a sequence of steps which converts inputs (what you're experiencing) to outputs (how you feel). Knowing how to changing that process enables rapid, breakthrough results. Because stress is a given, and not all stress is bad. Sometimes it gets in the way, and sometimes it drives even better performance.

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 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.

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.



"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 a causing time off sick. After a few hours learning Sue's skills, my life's now free from stress and anxiety."
Alastair, Liverpool



**To experience a powerful alternative to
managing stress**

Call Sue on:

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Or email her at

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