

Personal Development Sessions

As well as discussing key business issues, delegates can focus on their own individual growth through personal development workshops. These groups give delegates the rare opportunity to think about their own learning and development.

The psychology of stress

With one in six employees now suffering from stress related mental health issues, such as anxiety or depression, this workshop will review the latest research findings and government recommendations on their prevention and treatment. Dr Wolfgang Seidl will provide clinical insight and practical advice on the physiology of stress, what to do when stress becomes a performance management issue, why some people are more resilient than others and what HR can do to both rehabilitate absent employees and increase the ability of all workers to remain healthy under pressure.

SPEAKER:

Dr Wolfgang Seidl, Director, The Validium Group

Speaker's Biography



Dr Wolfgang Seidl
Director, The Validium Group

Dr Wolfgang Seidl MD MA DipC MBACP (Accred) is a regular keynote speaker for the Society of Occupational Medicine (SOM), the EAPA conference in the United States and regular contributor to all the major HR titles in the UK. An internationally recognised expert, he

has published and presented research findings on the psychology of wellbeing to the ROI associated with EAP initiatives.

A medical doctor with in-depth training in medical psychology and psychosomatic medicine, Wolfgang holds a master's degree in Psychiatry, Philosophy & Society and is also a BACP accredited counsellor. His research to measure the effectiveness of counselling initiatives is now used as the industry standard. Formally responsible for the delivery consultancy, sales and clinical programmes at Accor Services, he is now the executive director of the Validium Group, which delivers employee assistance and wellbeing services to organisations including Nationwide, The Body Shop, The British Library and numerous government organisations.

Push your boundaries

In all aspects of our lives there are things we fear and feel uncomfortable doing because we don't like stepping out of our comfort zone, but understanding how to push yourself beyond your fears and outside the comfortable security of your everyday life is as necessary as it is difficult. In this workshop delegates will learn where their comfort boundaries lie and how to push them in order to embrace new ideas and challenges.

SPEAKER:

Sue Stockdale, Director, Sue Stockdale Ltd

Speaker's Biography



Sue Stockdale
Director, Sue Stockdale Ltd

Sue Stockdale is a compelling speaker who inspires leaders to achieve exceptional performance. She talks straight from the heart with passion and energy and ensures that people leave with greater focus, insight and commitment to action.

As a successful polar adventurer and athlete, Sue was the first British woman to walk to the Magnetic North Pole, has participated in expeditions to the Geographical North Pole, Antarctica and Greenland, and has represented Scotland in 3000m and cross country events. Sue also finished runner-up in Channel 4's Superhuman where she undertook some of the toughest tests ever seen on TV including an escape from a crashed helicopter submerged under water.

Sue is also a highly experienced leadership development consultant and executive coach working with top business leaders and entrepreneurs helping them to improve performance. She has an MBA in Entrepreneurship and MSc in Quality Management and lectures at several Universities on leadership and entrepreneurship. Her books *Kickstart Your Motivation* and *Secrets of Successful Women Entrepreneurs* have received many favourable reviews.

Personal Development Sessions

Everyday creativity – seeing the extraordinary in the ordinary

At one time or another we have all seen the extraordinary in the ordinary, with our minds acknowledging alternative attitudes or viewpoints. But how can this change in mental outlook be applied to day-to-day life to boost creativity and innovation? This workshop will demonstrate that we all have the ability to break away from the predictable, be more creative and show how it can be applied to the benefit of both our professional and personal lives.

SPEAKER:

Claire Howell, Chief Executive, REDCo

Speaker's Biography



Claire Howell
Chief Executive, REDCo

Claire is Chief Executive of a specialised executive coaching business for CEOs and MDs of blue chip organisations including Rolls-Royce Motors, 3M UK, Wrigley's, ABP, Smith & Nephew, Geest, Zurich Financial Services, Taylor Woodrow, ATOS Euronext, LIFFE, EMI Group plc and a wide range of professional athletes.

As a highly successful business woman who, for over twenty years, Claire has helped major plc chief executives to improve their personal performance and strategic skills. She is an acknowledged expert in psychological coaching of premier UK football teams. Claire is one of the most experienced executive and board level coaches in the UK, having worked in this field for over 25 years.

Chairmanship experience including NHS investigatory committees, schools, colleges, tender committees, Consultants Appointment Boards; Regional Chairman, Institute of Personnel and Development; Several Non-Executive Directorships.

Claire has held senior roles in retailing, manufacturing companies and the public sector. Claire is a member of Employment Tribunals, VAT and Duties Tribunals, Forces re-instatement Committee, Member of the EMCC Ethics and Membership committee and is a member of the Association for Coaching.

Tough questions and how to handle them

Does your job place you on the front line? Are you in the hot seat, forced to handle tough questions from difficult questioners? In today's competitive and commercial environment, you need to know what to say, what not to say, and how to say it. Your ability to think, listen and speak on your feet could save your job, your boss's, or your company's reputation.

With preparation you can handle the most difficult questions and interviewers with ease and eloquence. In this workshop, Nici Marx will share some basic strategies to help you think on your feet and avoid putting your foot in your mouth. This workshop will give you the tools to face difficult questions and to answer them with confidence.

SPEAKER:

Nici Marx, International News Journalist and Presenter, Sky News, BBC World and CNN

Speaker's Biography



Nici Marx
International News Journalist and Presenter
Sky News, BBC World and CNN

Nici has worked on some of the most prestigious news and current affairs programmes on national and international radio and television. She has become one of the most familiar faces around the world, having worked as a Reporter and Presenter on Sky News, BBC World and CNN. Nici has broken some of the biggest national and international stories live on air. She has presented a variety of factual programmes on BBC1, BBC2, Radio 4 and Radio 5Live, as well as a series on the Arts for BBC World TV and HARDtalk for BBC World/News 24.

Personal Development Sessions

Communicate with impact

One of the best ways to achieve your professional goals and surpass the competition is to differentiate yourself. But making an immediate and impressive impact can often be difficult to do, requiring a tricky combination of communication, presentation, and influencing skills. This interactive workshop will help delegates understand their current communication style and show how to make the impact they want and set themselves apart from their peers.

SPEAKER:

Robert Adam, Director, Represent Ltd

Speaker's Biography



Robert Adam
Director, Represent Ltd

Robert has been a Director of Represent for the last 10 years specialising in coaching, leadership development and change management. He has also extensive experience in designing and delivering training in coaching skills, consultancy skills,

leadership programmes, how to manage change and team development.

Robert coaches senior executives in many business sectors to enable them to achieve their business objectives. He helps clients produce effective solutions to challenging business issues, resulting in improved business performance. He does this through a collaborative and proactive approach, building effective working relationships, working with and achieving through others. He is passionate about the value of coaching and through his energetic and challenging approach helps companies to establish and sustain a coaching culture.

He currently works with ABF, BMRB, Elizabeth Arden, Kier Group, Leading Investment Banks, Ryvita, Specsavers, TNT, Twinings, Warwick Business School and Westmill Foods. In the last 12 months Robert has delivered Leadership programmes in China, Dubai, Kuala Lumpur and Europe. He is an accredited Insights practitioner.

