



# Carole Spiers

World Authority on Corporate Stress



## CSA Celebrity Speakers Ltd

Carole Spiers is a popular BBC guest-broadcaster and best-selling author of industry's bible 'Tolley's Managing Stress in the Workplace'. With 20 years as a top industry guru on stress management and organisational change, Carole's energy and dynamism extends to providing professional comment to the media, radio interviews and she is also a weekly columnist for Gulf News.

**"The value Carole added was immeasurable. Her presentation was intelligent, interactive and energetic" Leaders of Abu Dhabi, Family Business Forum**

### In detail

Her focus is on developing a healthy workplace culture through the successful management of stress and organisational change, underpinned by a compelling philosophy reinforced by her own experience as an Expert Witness before the UK Courts. In the UK, Carole launched National Stress Awareness day on behalf of the International Stress Management Association of which she is a Vice President. She is also Past President of the London Chapter of the Professional Speakers Association.

### What she offers you

Carole is a high-energy speaker, able to combine inspiration with insight. She has a unique ability for empowering people to change attitudes and mindsets that hold them back from unlocking their untapped potential.

### How she presents

With her vibrant personality and unique flair for establishing rapport with any audience, she handles sensitive issues with an empathy and understanding born of experience, encouraging that crucial two-way dialogue that brings about positive change in people's lives.

### Topics

- Show Stress Who's Boss!
- Change is your Opportunity for Growth!
- Unlock the Hidden Entrepreneur in You - Lift off to Success!
- It's a Deal: Discover the Secrets to Effective Communication
- Articulate Dialogue Drives Corporate Growth
- The DNA of a Healthy Corporate Culture
- Turn your Passion into Profit!

### Languages

She presents in English.

### Want to know more?

Give us a call or send us an e-mail to find out exactly what she could bring to your event.

### How to book her?

Simply phone, fax or e-mail us. See below for details.



[watch video](#)

### Publications

- 2012**  
Show Stress Who's Boss!
- 2007**  
Turn your Passion into Profit
- 2005**  
Positive Action Against Stress: Meeting the Everyday Challenge!
- 2003**  
Tolley's Managing Stress in the Workplace