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ACCREDITATIONS

International Speaker

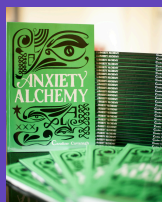
CPD accredited

Clinical Hypnotherapist

2016 National Consultant of the Year

Master NLP Practitioner

BOOK



[Anxiety Alchemy](#) provides a 5 step process to transform anxiety into confidence.

SOCIALS

 [Caroline-Cavanagh](#)

 [Caroline-Cavanagh](#)

 [AddingZestLtd](#)



[SHOWREEL](#)



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



[TESTIMONIALS](#)

HOW TO USE THE POWER OF YOUR MIND: THE 5 THINGS YOU WEREN'T TAUGHT AT SCHOOL THAT WILL HEIGHTEN YOUR SUCCESS

KEYNOTE SUMMARY

We learn about physiology in Biology and PE lessons. But little is taught about how to use the most powerful part of the body – the mind.

In this **highly interactive** session, the audience will experience how, with just a few tools, the power of the mind can be taken up through the gears to **increase performance** – providing the potential to go from 1st gear, to cruising in 6th gear.

KEY TAKEAWAYS

- Understand how the mind filters information and how to refine these filters to **increase mental agility**
- How risk triggers anxiety and how to discern if that risk is real
- How simple language changes can **improve success**
- How to deploy the mind:body connection more effectively
- How to better manage the negative internal chatter

Collectively, when these techniques are used organisation wide, **powerful shifts** in innovation, creativity and performance can result.

WHO WILL BENEFIT FROM THIS TALK?

- Companies who wish to invest in staff productivity
- Membership organisations who want to add value to their members through supporting their mental growth
- Events focused on mental health

LOGISTICS

- 45-60 minute interactive keynote or webinar
- 2 hour workshop
- Content is adapted to the specific audience

TESTIMONIAL

"Caroline Cavanagh has a superb ability to engage her audience and deliver a powerful message."

"She conveys her expertise on how to turn anxiety from a drain on profits into a competitive advantage in a captivating, credible and practical way. This leaves Caroline well-placed to bring lasting value to any company where dealing with stress and anxiety felt by your people is part of your challenge."

Michael Dodd, Communications Expert

