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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](#)
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[SHOWREEL](#)



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



[TESTIMONIALS](#)

STRESS: IT'S ALL IN THE MIND AND YOUR BODY IS THE MESSENGER

KEYNOTE SUMMARY

We live in a stressful world and it is often physical illness that is the first indicator of distress with the mental impact being more covert but often more debilitating.

This talk enables audience members to use the power of the mind to neutralise negative stress and enhance the mind body connection to support **greater mental resilience**. It is a highly engaging talk, encouraging participants to easily identify how stress can often be self-created whilst providing tools to combat external stress.

KEY TAKEAWAYS

- An understanding of perception and reality and how a difference between these creates stress
- Three **practical tools** to reduce the impact of external stress
- Three ways to use the mind to **reduce self-created stress**

When these skills are used collectively across an organisation, significant shifts in creativity, innovation and productivity can result.

WHO WILL BENEFIT FROM THIS TALK?

- Companies who are experiencing high costs through poor staff mental health
- Companies who have invested in mental health first aiders and wish to further enable them to support prevention rather than crisis support.
- Events focused on mental health

LOGISTICS

- 45-60 minute interactive keynote or webinar
- 2 hour workshop – supporting more bespoke application for individuals
- Content is adapted to the specific audience

TESTIMONIAL

"Caroline's keynote is highly recommended for organisations that are seeing an increase in stress and anxiety in the workplace and want to help their employees with practical strategies for self-leadership, reducing stress and increased productivity."

Janice Gordon, Founder, Scale your Sales

"Businesses could really use Caroline's help in reducing stress level and work and getting people out of the office for just an hour listening to the helpful advice that she has to offer."

Wali Rahman, Organisational Development Office, Wiltshire County Council

