



The Ten Stress Commandments

The Stress Guru's Guide to Being Stress-Free



CAROLE
SPIERS
GROUP

International Stress Management &
Employee Wellbeing Consultancy

by Carole Spiers MIHPE, FISMA, Leading Authority on Corporate Stress
www.carolespiersgroup.co.uk info@carolespiersgroup.co.uk



Thou shalt take full responsibility for thy body and ensure that it has adequate sleep.



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Thou shalt not abuse thyself by working seven days a week. Thou shalt take time for exercise and relaxation.



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Thou shalt not eat fat and sugar but ensure a healthy, balanced diet.



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Thou shalt take wine in moderation and not drink it as water.



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Thou shalt not attempt to be all things to all people and thou shalt say 'NO' when occasion arises.



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Thou shalt encourage laughter daily, for smiles are the best medicine.



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Thou shalt communicate your thoughts to others in a quiet and meaningful way and not with aggressive body language and loud voices.



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Thou shalt give praise where praise is due and ensure a 'thank you' for a job well done.



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Thou shalt love thy neighbour as thyself
and do all you can to support others and
help them on their way.



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Thou shalt not give way to envy and greed, but be happy with what you yourself have. There will always be others with more.



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About Carole Spiers Group

The Carole Spiers Group (CSG) is a leading provider of stress management and employee counselling services. Established in 1987. CSG works with equal success in the UK and the Gulf.

CSG shows managers what they should do to ensure their employees are more productive and resilient, while encouraging well-being at work. The result is a healthy workplace culture and an organisation that thrives.

CSG has delivered benefits to commercial and public sector clients around the world through its cutting-edge programmes.

CSG can provide a range of presentation, training and mentoring services that are designed to help organisations profit from a healthy workplace culture. They include:

- Boardroom Briefings on Executive Stress Management
- Stress Management Training for Managers
- Stress Awareness Programmes for Employees
- Professional Counselling and Post-Trauma Debriefing
- Defusing Violence and Potentially Threatening Situations
- One to One Executive Coaching and Mentoring for Managers
- Motivational Keynote Presentations

CSG has a UK-wide network of counsellors, professional consultants, trainers and coaches, uniquely equipped to advise professionally on both the human and corporate aspects of workplace stress, including bullying, intimidation, violence, post-trauma, absenteeism and organisational change.

CSG is regularly called upon for professional comment by the media, as well as being a regular contributor to professional journals.

Contact us for a **FREE Stress Management Consultation** and call + 44 (0) 20 8954 1593 or info@carolespiersgroup.co.uk.

CSG have been providing employee counselling services for Brinks Limited for over 10 years. Their services have always been to the highest standard, providing prompt, accurate support, information and assistance in return to work strategies for our employees. We would have no hesitation in recommending their services to any prospective client.

Margaret McCloskey, Personnel Manager. Brinks Ltd



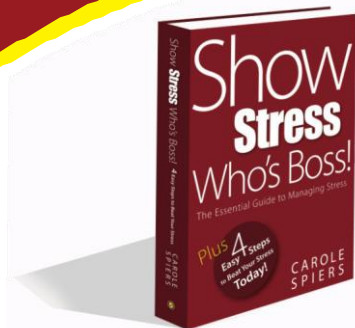


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Product Catalogue

New!



Show Stress Who's Boss! by Carole Spiers

Learn 4 Easy Steps to Beat Your Stress Today!

This book is your easy-to-follow, insider's guide to equip you with all the skills, tools and techniques to reduce stress.

Buy it from the Author to receive your personally signed copy and FREE stress test card. Also available from Amazon and in Kindle version.

The Ultimate Set of Training Toolkits for Trainers, HR Professionals and Managers Ready for use today!

Download Powerpoint slides instantly to your computer including workbooks for copying in any number for your delegates.

The Complete What-Why-When of Pressure & Stress

Discover a no-nonsense approach to reducing workplace stress in your organisation.

Cool it! Anger Management & Conflict Resolution

Find out how to diffuse anger & conflict in the workplace.

Hurry... Hurry! Every Second Counts

Discover the secrets to controlling the time-based pressures that lead to stress.

Back Off!... Combat Bullying and Harassment in the Workplace

Implement proven skills and strategies to deal with workplace bullying.

Trauma Strikes When it Likes!... so be ready for its effects

Get to know the basics of trauma management with this ultimate Trauma support package.

What to Say When You Don't Know What to Say!

Revealing 3 easy steps to increase your individual effectiveness as a communicator.



Call Us Today on + 44 (0) 20 8954 1593
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or visit www.carolespiersgroup.co.uk

All Toolkits are £350

Test if you are stressed cards

Get an instant readout of your personal stress levels with these tiny liquid crystals that change colour according to your body temperature. Customised branding available, if required. This is the business card that's never thrown away!

95p each

Books

POSITIVE ACTION AGAINST STRESS

Instant Stress Relief tips **£5.00**

Get to know the basics of stress control with this introductory pocket manual. Ideal for distributing to your management team or to be included in delegate packs. Customised branding available, if required.

TOLLEY'S MANAGING STRESS IN THE WORKPLACE **£62.50**

by Carole Spiers.

Comprehensive Bible for Managers, Health & Safety, Personnel and Occupational Health Advisors. Right now, this is all you need for in-depth specialist knowledge of stress.

TURN PASSION INTO PROFIT! - Inspirational Book of Self-Marketing **£15.00**

Discover the practical ways to promote your business that will help you multiply your income on a zero budget!

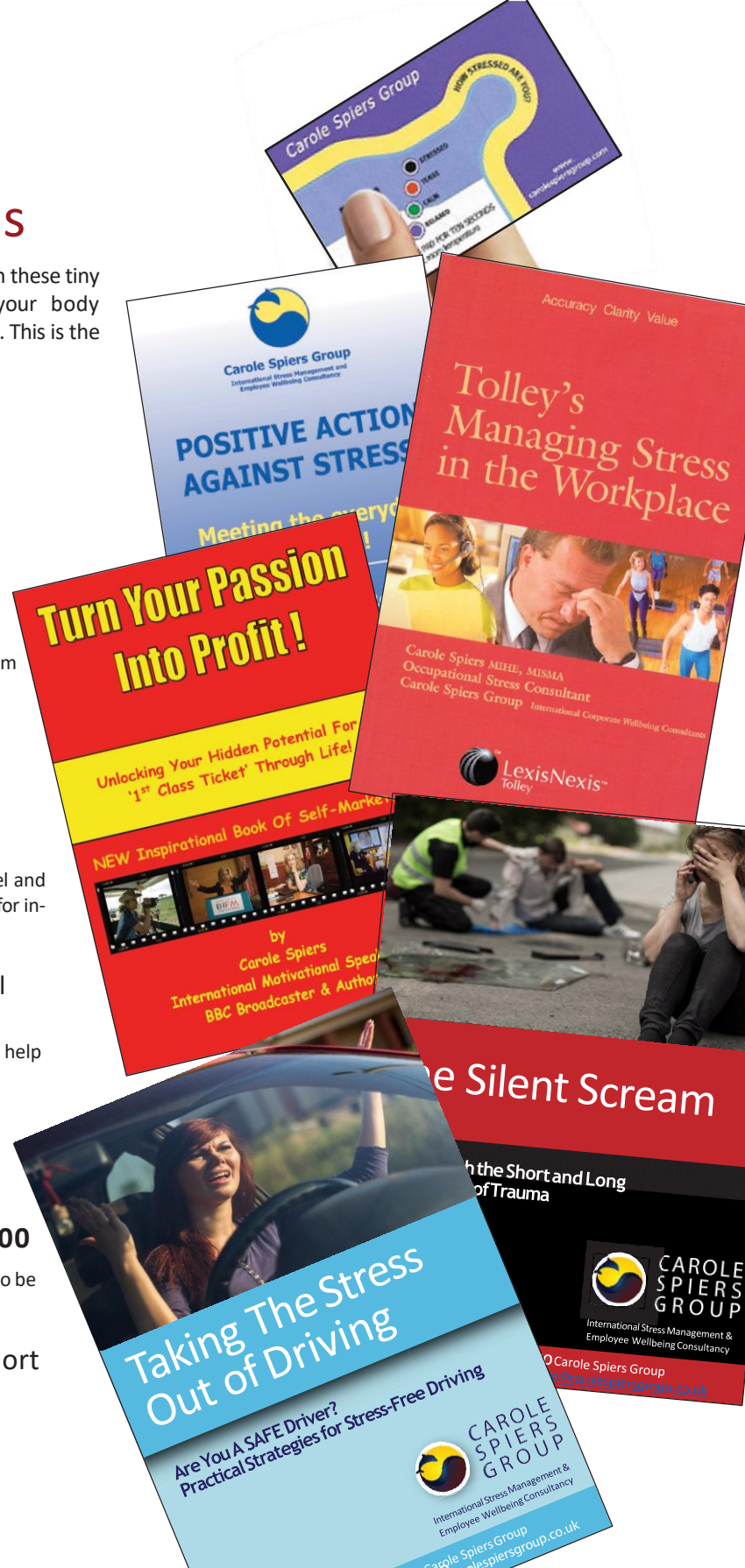
E-books

TAKING THE STRESS OUT OF DRIVING **£5.00**

Advice for both drivers and their passengers that is intended to be a tool to help make journeys less stressful.

THE SILENT SCREAM - Coping with the short and long-term effects of trauma **£5.00**

Defining and understanding Trauma and diagnosing Post-Traumatic Stress Disorder.



Established in 1987, the Carole Spiers Group (CSG) is a leading provider of Stress Management and Employee Counselling services, working with equal success in the UK and the Gulf to bring proven benefits to both multi-nationals and SMEs. CSG is called upon for comment by the media as well as being a regular contributor to professional journals.

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Continue Where This ebook Leaves Off!

Get deeper into stress reduction – with CSG's selective catalogue of Special Reports, Trainer packs, Manuals, CDs and Audio by Stress Guru, Carole Spiers.

Visit our ecommerce site www.bit.ly/pl30gL for the definitive solutions to stress management.



This ebook is one of a series, so please contact us for details of our other titles – email: info@carolespiersgroup.co.uk

For more information on **CSG** services including:

- ◆ Boardroom Briefings and Conference Keynotes presented by Carole Spiers
- ◆ Train-the-trainer programmes in Time Management, Organisational Change and Workplace Bullying
- ◆ Stress awareness programmes tailored for the boardroom to the shop floor
- ◆ Employee Counselling support services and post traumatic stress debriefing
- ◆ High Performance Executive Coaching
- ◆ Mentoring and conflict resolution

Please contact us for a **FREE, confidential Stress Consultation:** **Carole Spiers Group**

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