

# whealth

## More Life - Less Stress!

Fast Track  
to  
Well Being!

*" The Whealth of the organisation is dependant on the health and well - being of the people in it "*

Whealth Ltd

To book  
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**Sue Firth** BSc, MSc is an acclaimed expert on Stress & Stress management for Executives. She is a Business Psychologist with 20 years experience in helping executives understand the causes of negative stress whilst providing strategies for stress management to help executives maintain effectiveness in the workplace: throughout challenging situations, dealing with difficult people and dealing with life when it throws a curve ball and seems to burst at the seams!



### Why should you attend a Seminar?

Sue is an eloquent, articulate presenter with wide experience of presenting to small and large groups. Her direct style on such a sensitive topic, coupled with her engaging, charismatic manner and professional style of delivery, will ensure she gets not only your attention but also ensures you leave with your personal blueprint for your own stress management after experiencing the 'More Life Less Stress!' presentation. New skills and strategies will be formed which will be taken back in to the workplace, which in turn, will help the organisations bottom line. With research showing a rise in the number of executives taking time off due to stress, Sue's highly effective presentation is a must for all organisations wishing to increase productivity and wellness in the workplace.

Sue is author of 'More Life Less Stress; a practical guide to increasing well being and staying sane in a mad world!'.

She is founder of [www.yourwhealth.com](http://www.yourwhealth.com); a member of the International Stress Management Association, and a member of ACE.