

STRESS TO SUCCESS – LEADERSHIP IN CHALLENGING TIMES

WEDNESDAY 14th OCTOBER 2015

4pm-6pm

**Bournemouth and Poole College
North Road, Parkstone, Poole BH14 0LS**

Speaker: Krishan Ramyeed, Doctor of Chiropractic

There is perhaps no greater skill than being able to lead yourselves and others to a greater vision. This is perhaps the most rewarding and fulfilling and lucrative activity that we can engage in as well as the most challenging!

There are however patterns and secrets that great leaders use that are available to us all. We will help you identify these patterns and what is holding you back from harnessing them now.

Studies show that mental wellbeing and adaptability is crucial for being productive, creative and in a state of flow. If we cannot harness this state, our businesses and lives suffer.

- ✓ Stress has a huge impact on your capacity to function optimally
- ✓ Stress lowers productivity, engagement and commitment
- ✓ The impact of stress costs time, money and creates a negative impression
- ✓ Therefore our wellbeing is no longer secondary to other business needs

Inspire yourself to succeed with Dorset's leading authority on wellness

A dynamic and inspiring speaker, Dr. Krishan's approach to leadership is unique to many other coaching organisations out there. With a cutting-edge approach to physical, mental and emotional wellbeing, he has over 10 years' experience and has helped people from over 20 countries around the world.

Dr. Krishan is a fully trained chiropractor and the founder of Bournemouth's pioneering chiropractic practice, Thrive.