Dorothy Martin

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HOW TO TURN STRESS INTO SUCCESS... IN THREE SIMPLE STEPS: An informative, engaging and upbeat keynote to show you how stress really works and how you can harness the power of your mind to approach stress in a new way. In this empowering keynote, your people will: Discover attitudes to stress that keep people stuck in stress Find out why stress doesn't have to be harmful Realise what triggers stress at work and home Know how to spot stress in themselves and colleagues Learn 3 actionable steps to turn stress into calm, clarity and success

EVERYTHING I LEARNT ABOUT BURNOUT ... AND HOW YOU CAN STOP IT HAPPENING TO YOU: Most people don't want to talk about their experience of burnout. I do. The insight it gave me profoundly changed my understanding of stress and how to deal with it – and I want to share what I learnt to help others. In this heart-warming talk your people will: Hear a real-life story of burnout Gain understanding of what burnout, depression and anxiety is What are the risk factors for above Learn how to stop burnout before it happens Be surprised by game-changing revelation and key factor in recovery Know how to take charge of your own health and wellbeing to create fulfilling career and life This talk will help to open up dialogue between you and your people and encourage positive discussions about wellbeing in your workplace.

HOW TO UNLOCK YOUR WELLBEING... WITHOUT TO DO LIST: Isn't it interesting how we talk about wellbeing – but we focus on doing?
You probably have a tick list of actions to achieve better wellbeing and more happiness… but are you getting there? In this eye-opening talk, your people will: Discover what wellbeing really is See your own wellbeing from a new perspective Find out how to experience more wellbeing without tick lists Know how to stay well and be happy without so much effort Learn that they hold their own key to wellbeing

TAILORED WELLBEING TALKS ... DESIGNED FOR YOUR CONFERENCE OR EVENT: I deliver tailor made keynotes talks on wellbeing, stress, resilience and mental health to suit your organisation. A bespoke keynote can cover: What is organisational wellbeing, resilience or stress Why it is important right now Evidence-based research with real-life stories Interesting props to engage the audience The importance of wellbeing at work Helpful tools, strategies and interventions How to measure wellbeing Outcomes and cost-effectiveness