

JAMES PICKLES COACHING

Motivational speaker, performance coach, mentor and wellbeing consultant



CONTENTS

01

Speaker Profile: James Pickles

02 From breakdown to breakthrough

03 The hidden cost of Yes How are you M/managing?

04 Lowering the barriers to talking

05

Spotting the signs of burnout in ourselves and others

07 Packages

08 Recent feeedback

SPEAKER PROFILE: JAMES PICKLES

In early 2019, I was a Sales Director at an industry-leading survey technology and panel company. I had been there for 10 years and, in that time, had grown my part of the business from virtually zero to over £6 million in annual revenue. I headed up the leading sales team in Europe and created lasting, highly profitable client relationships with household name brands. I was, by all accounts, very successful.

In March of that year, I suffered a completely unexpected and almost total mental and physical breakdown following a severe and very public anxiety attack. I spent the remainder of the year on leave. Through regular therapy, I began to recover and understand why this had happened at what seemed, at the time, the peak of my career.

I also learned that I wasn't the only one suffering from a similar experience.

Since leaving that role, I have retrained as a certified professional Coach. I work as a motivational speaker, performance coach, mentor and wellbeing consultant within the Market Research and FMCG industry.

FROM BREAKDOWN TO BREAKTHROUGH: A LIVED EXPERIENCE OF STRESS-INDUCED BURNOUT



Calm Clarity Confidence Control How I got there, why I burned out, what happened next and where I am now.

 Join me for a walk-through of the circumstances that led up to a life-changing, 10-day panic attack. I'll take you through what happened and how it felt at the time; why I think it happened to me; how I recovered and what I do now to stay well.

THE HIDDEN COST OF YES

HOW AND WHEN TO SAY NO OR AT LEAST NOT YET

When saying no is better than yes for you, your team and your clients.

• A combination of storytelling to cover how being a yesperson back fired and practical examples of how to structure your no without being negative or obstructive.

HOW ARE YOU M/MANAGING?

Which examples are you following/displaying at work, are they effective and are they good for you. How is your wellbeing and that of your team being impacted?

• Exploring how leading by example isn't always positive especially if the behaviours aren't conscious and deliberate.

LOWERING THE BARRIERS TO TALKING

How can we make it easier to answer honestly when you are asked – how are you?

- Not all 'how are you?' enquiries are genuine so how do we make sure we know when it's the time and the place to be open and honest?
- Not all shared problems need solving using the acronym Why Am I Talking to be better at active listening and offering appropriate support.



SPOTTING THE SIGNS OF BURNOUT IN OURSELVES AND OTHERS

Signs of stress, anxiety and burnout can be subtle, incremental and hard to spot until it's too late – prevention is far better than cure.

• What can we look out for, how can we look and what can we do about it?



Calm Clarity Confidence Control



WORK WITH ME

CALM

CLARITY

CONFIDENCE

CONTROL



www.jamespicklescoaching.co.uk

PACKAGES

THREE TALK & INDIVIDUAL COACHING PACKAGE

Includes: Breakdown to Breakthrough 45-60 minute talk followed by live Q&A (up to 45 minutes).

- Followed by a 30 minute talk on how to talk and how to listen with open Q&A.
- Followed by 1:1 Q&A (3-hour duration, 6x bookable slots of 25 minutes each).
- Talk 3 on topic tbc 45-60 minute talk followed by live Q&A (up to 45 minutes).
- Followed by 1:1 bookable Q&A (8x bookable slots of 25 minutes each).
- 10 hours of individual Coaching on application.

From £10,000

TWO TALK & INDIVIDUAL COACHING PACKAGE

Ilncludes: Breakdown to Breakthrough 45-60 minute talk followed by live Q&A (up to 45 minutes).

- Followed by a 30 minute talk on how to talk and how to listen with open Q&A.
- Followed by 1:1 Q&A (8x bookable slots of 25 minutes each).
- 4 hours of individual Coaching on application.

From £7,000

ONE TALK PACKAGE

Includes: Breakdown to Breakthrough 45-60 minute talk followed by live Q&A (up to 45 minutes).

• Followed by 1:1 Q&A (8x bookable confidential slots of 25 minutes each).

From £5,000

Note costs are net – no VAT to be added. Where face-to-face delivery is required, reasonable travel and accommodation costs are additional.

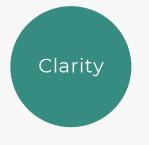
Prices are available in US dollars upon request

RECENT FEEDBACK

TESTIMONIAL

"Just wanted to share that I found that incredibly powerful and insightful - thank you for organising. I really value having time to listen to his experience, and it's really given me pause to think about how I can better take care of the people in the team/those in my personal life. Thanks again"





TESTIMONIAL

"Yesterday, you delivered an absolutely fantastic talk and Q&A session - which could easily be renamed 'Honesty 101'. Not only was it extremely powerful, engaging, emotional and impactful - it was also very thought-provoking, and for me personally it definitely inspired moments for self reflection. I'm sure I wasn't the only one."

TESTIMONIAL

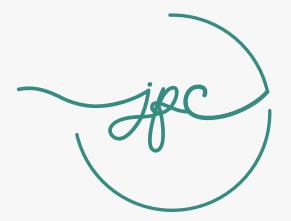
"Thank you for organising the talk just now. Really beneficial, and I think the act of organising it, and 'giving air' to the topic is as important as the talk itself"



Control

TESTIMONIAL

"I felt compelled to drop you a quick email to thank you for your time earlier. I have to say, it's not normally in my nature to do so, but it really was an incredible session. Very powerful, and it has given me a lot to think about."



JAMES PICKLES COACHING Speaker & Coach

CONTACT DETAILS

07855 315 753 james@jamespicklescoaching.co.uk www.jamespicklescoaching.co.uk in: James Pickles



Calm

Clarity

Confidence

