



# JAMES PICKLES COACHING

Motivational speaker, performance coach, mentor and  
wellbeing consultant







# CONTENTS

01

Speaker Profile: James Pickles

02

From breakdown to breakthrough

04

Am I the right speaker for you?

05

The Process

06

Packages

07

Recent audience feedback

# 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. How I got there, why I burned out, what happened next and where I am now.

Join me for a 50-minute 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.

I'll share my full experience of the effects of stress-induced anxiety and offer some insights into what I've learned, what I wish I'd known, what advice I would give my old self and how employers and employees can take ownership of their wellbeing at work and at home.

See here an interview upon which the talk is based:

<https://www.significantinsightsmedia.com/how-did-you-get-there-james-pickles/>

Here are links to a podcast in which I discuss the story at greater length – again the talk is based on the main themes:

<https://evolvetosucceed.libsyn.com/website/james-pickles-but-how-are-you-really>



Calm  
Clarity  
Confidence  
Control



WORK  
WITH  
ME

CALM

CLARITY

CONFIDENCE

CONTROL





# AM I THE RIGHT SPEAKER FOR YOU?

My approach is open, honest and interactive. My story is thought provoking and it will encourage you and your team to reflect on your own circumstances. I won't shy away from the more challenging parts of my experience and I welcome courageous questions from my audience.

If you engage me as a speaker, I'll ask you to invest time and thought into how you will ensure that you and your team can access the support and resources they may need as a result of what comes up during our session.

The talk will not create problems that don't exist but it may well bring to the surface those which are currently hidden. I provide an environment where it's ok to admit it safely – the first step for many in being able to ask for help.

# THE PROCESS

## IF YOU'D LIKE TO GO AHEAD, WE'LL ARRANGE A PRE-EVENT MEETING TO DISCUSS:

- The audience and their expectations of the session.
- What (if any) outcomes you're hoping for.
- What wellbeing provisions are currently available in your organisation and where you are in your corporate wellbeing journey.
- Whether you already have staff trained in Mental Health First Aid and if so, how many.

## TYPICALLY, THE FORMAT OF MY TALKS IS AS FOLLOWS:

- A five-minute introduction, before we delve into the main subject matter for 45-50 minutes.
- A five-minute break.
- 15 to 45 minutes for a live Q&A.

---

In the current circumstances, talks can be face to face or conducted via Zoom, Teams, GoogleMeet or your preferred video conferencing system. Questions can be submitted via Slido, in the chat or live. All questions and discussions are treated confidentially.

Talks may be recorded only by express agreement in advance. Q&A may not be recorded to maintain confidentiality and encourage a free and open discussion.

Following the talk, I'll ask you for a post-event debrief and feedback meeting.



# 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

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 (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.

[www.jamespicklescoaching.co.uk](http://www.jamespicklescoaching.co.uk)

# RECENT FEEDBACK

## TESTIMONIAL

"Hi James, thank you so much for your talk today and opening up about your story to us. There were a lot of things you brought up that resonated with me. I feel like I will have a lot of questions at some point once it has all sunk in"

Calm

Clarity

## TESTIMONIAL

"Listening to James telling his story was utterly compelling and reassuring. But also scary at how easily we can feel like we are on top of the world, only to discover that we have been a frog in a bath of simmering water all along. Never has there been a more important time to listen, talk and be true to yourself than now. Thank you James"

## TESTIMONIAL

"We originally booked James with the viewpoint that it would resonate for a handful of people who needed it but I'd say throughout the rest of the day over half the team came to me with a comment, take away, anecdote or follow on request. It was a fantastic session and the amount of yourself you put into the session really carries the message home."

Confidence

Control

## TESTIMONIAL

"If ever there was evidence that vulnerability is not weakness, James typifies that. Very powerful."

# RECENT FEEDBACK

## TESTIMONIAL

“Your story will certainly help many of the people who hear it - which is valuable. Normalising mental illness and making these conversations easier to have is so important and you are certainly doing that - well done, keep it up!”



Calm



Clarity

## TESTIMONIAL

“Thank you so much for this afternoon James. You were absolutely amazing and a real inspiration. It is so brave of you to speak so openly and honestly about your breakdown. My favourite quote is definitely ‘if you don’t make time for your wellness, you might have to make time for your illness’. It really resonated with me - as I definitely don’t make time for my own wellness at the moment. This is something I am definitely going to change.”

## TESTIMONIAL

“This has been excellent, Thank you James for your captivating honesty, thank you S\*\*\*\* for making this available to everyone and reflecting its importance”



Confidence



Control

## TESTIMONIAL

“For me, your level of honesty when recounting your story is humbling - to be in the audience for a story like that is quite something. You bring emotion, passion, honesty, rawness to a subject that isn’t talked about enough. To think that you (and many others no doubt) are going through that kind of situation worries me, but I feel better equipped to know what to do, to at least ask.”



# JAMES PICKLES COACHING

Speaker & Coach

## CONTACT DETAILS

07855 315 753

[james@jamespicklescoaching.co.uk](mailto:james@jamespicklescoaching.co.uk)

[www.jamespicklescoaching.co.uk](http://www.jamespicklescoaching.co.uk)

in: James Pickles



Calm

Clarity

Confidence

Control