



PAULA RUANE



- Are your employees losing focus?
- Taking more sick days?
- Suffering low team morale?
- Are relationships breaking down in the workplace?

If so, then stress is a major factor amongst your employees.

And I can help.



My name is Paula Ruane. I have over 16 years' experience in identifying, managing and eliminating stress in the workplace, and in the lives of individuals. As part of a holistic health and well-being programme, I help businesses alleviate stress within the workforce. I then take my methods and techniques into the lives of individuals, if they need additional 1-2-1 help.

Stress is a natural and essential part of life – we need it to enhance performance, to keep us safe and protect us. But too much stress overshadows our happiness and general well-being, and negatively impacts relationships and the ability to work effectively. For businesses this has catastrophic consequences as it can drastically reduce the competence and performance of key personnel. This can result in knock-on effects on productivity, office culture and profit. The good news is that there are proven ways to identify stress and to take measures to manage, alleviate and even prevent stress from building up, to where it begins to impact lives and employees lose control.

The impact of stress

Stress affects each individual in mind and body in different and unique ways. For some it is purely the mental fatigue of life – where external demands exceed internal resources – for others it manifests itself in a very physical way, in illness. Charles W Mayo of the world-renowned US Mayo Clinic said: "Worry and stress affect the circulation, the heart, the glands, the whole nervous system, and profoundly affects heart action."

Working with businesses

I offer a dedicated program for businesses of all sizes who are experiencing stress in myriad ways. My workshops and programmes for companies help improve corporate health and well-being as stress is a common root cause of mental health-related issues and physical illnesses at work.

Make tackling stress your business

I have successfully delivered hundreds of talks, workshops and training programmes for many companies over the last 16 years. Organisations have different needs, depending on size, location of staff and wellness policies. I offer flexibility and can tailor company programs to your Human Resources and employee requirements.

Stress and wellbeing assessment

Providing a stress and wellbeing assessment for your employees can help improve work relationships and performance. The scientifically-backed assessment, in tandem with a targeted training program, enables you to measure change and improvement. There are 12 identifiable areas of stress. This assessment allows each individual to isolate the specific areas in which their stress lies. The assessments are confidential and only the person taking the assessment sees the results, which is not shared with the business.

Stress prevention workshop - 90 minutes

In the workshop I teach how the brain works, why we feel as we do and how to bring about successfully-proven change. At the end of the workshop each attendee receives an MP3 to improve sleep patterns and learn self-regulation techniques. This returns balance, calm and control. In just an hour and a half I can help to impact and begin change to help employees manage stress forever. For those wishing to follow-up on the training, I offer 1-2-1 sessions.

Stress prevention programme – 2 half-days

Groups of up to twelve people learn science-backed techniques and practical strategies to implement better decision-making, boost energy and establish core resilience. We address the different aspects of mental, emotional and physical wellness with solution-focused training enabling attendees to:

- Tackle challenges head-on
- Find clarity in any situation
- Improve communication at work and home
- Reduce feelings of stress and overwhelm
- Feel more in control
- Enhance your overall wellbeing



Helping individuals to overcome stress



Very often, the workshops and programmes I run for businesses lead to their employees asking to consult confidentially with me on an individual basis. To begin with I offer a free, no obligation, consultancy session.

When you come to me, I want to learn three things:

How is stress affecting you? What outcomes do you want to achieve?

What does a stress-free life look like to you? We approach it on your terms, with my proven ways to get results.

Focusing on the 'here and now', not the past

I'm not here to psycho-analyse you, or to explore the past. I am interested in the 'here and now' and take a solutions-focused approach, where together we accentuate the positive. Each individual is unique. We decide together how many sessions are required and take it one step at a time. What I want to know is – what are you looking to achieve in working with me? Once this is defined and agreed, we work towards that objective.

Explaining how stress takes hold of you

When life becomes too much for us – and its demands exceed our mental resources – we revert to our primary instinctive brain, which is primed for 'Fight, Flight, Freeze'. We 'react' to situations in a knee-jerk fashion, even if this is counter to what is best for us. Instead, with my help, you will learn how to 'respond' with the intellectual part of your brain. My approach is about self-regulation, teaching the mind to respond in new ways, which prevents old, recurring thought patterns and behaviours giving you calm, balance and control to your life.

A mix of methods and techniques to tackle stress

Every person suffers from stress to some degree, and the way in which stress affects lives is always unique, and particular to an individual. My methods and techniques, which include *HeartMath* and *Solution Focused Hypnotherapy* are scientifically proven to help alleviate stress and provide long-lasting ways in which to combat new waves of potentially stress-inducing episodes. My specialist areas include generalised anxiety, depression, anger, trauma, IBS, migraine and sleep and you will experience rapid, effective enduring results.

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How I help with proven methods



Understanding the brain and how the mind works is the first step to addressing the underlying issues that cause stress. In my stress prevention workshops and programs, you gain invaluable insights to what is happening to you when faced with stressful situations. The techniques and tools change the neural pathways in your brain to 'respond-not-react'. This allows you to take control of stress, rather than letting stress take control of you.

HeartMath

I take a scientific approach to the physical and mental effects of stress on the body and mind, and I am an accredited HeartMath trainer, coach and practitioner.

HeartMath is a system and a set of scientifically-proven techniques developed to help individuals manage stress and improve their emotional well-being. The techniques are used in the moment, anywhere and anytime to prevent stress build up and diminish overwhelming negative thoughts and emotions.

HeartMath helps you self-regulate your emotional and physiological responses to stress. HeartMath techniques enable you to shift from a state of stress, anxiety, and frustration to become calm, balanced, with increased mental clarity.

Solution-Focused Hypnotherapy

Solution-Focused Hypnotherapy (SFH) is a collaborative and empowering approach that focuses on self-development and harnesses inner resources to overcome problems. Unlike traditional hypnotherapy, SFH combines psychotherapy and hypnosis to provide effective and efficient solutions. SFH helps to rewire the brain and build new healthy patterns of behaviour, facilitating positive changes in life.

Designed for you

Following my initial free consultation I'll design a programme based on your symptoms that specifically addresses your situation. As a qualified Solution-Focused Hypnotherapist/Psychotherapist, I tailor the therapy to your specific needs, ensuring a safe and supportive environment. My specialist areas include generalised anxiety, depression, anger, trauma, PTSD, IBS, migraine and sleep and you will experience rapid, effective enduring results. It is important to note that hypnotherapy is a complementary approach and should not replace prescribed medical treatments or therapies for stress-related conditions.

About Paula Ruane

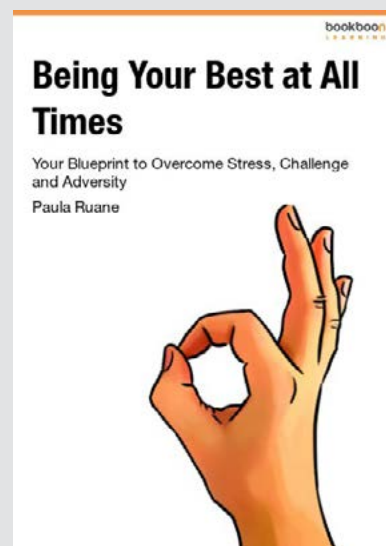


I am a trained specialist who adopts ground-breaking technologies and techniques to identify, manage and relieve stress levels. I have been helping individuals and organisations to increase resilience and improve performance for over 16 years.

Today, as a recognised pioneer in this area, and one of the UK's leading stress specialists, I continue to develop effective, unique and proven stress prevention and resilience training programmes for individuals and organisations.

My unique research-backed approach to reduce stress is designed to help clients return calm, focus and clarity to their lives, improving mental and emotional health.

To find out more about how I can help you as a private individual or to discuss ways in which I can help your business to be a stress-free environment, take a look at my website www.paularuane.com. You can also buy my widely read E-Book "Being Your Best at All Times" and discover the truth about stress and its impact on every area of your life and fibre of your being.



Paula Ruane – Stress Specialist / Resilience Trainer / Speaker

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