

## **POSITIVE UNDER PRESSURE™ PUBLICATIONS & SEMINARS**

### **INVITED TALKS:**

- The Sunday Times Personal Development Show June 1997
- The Sunday Times Personal Development Show June 1998
- The Royal Society of Medicine June 1998
- Institute of Personnel & Development Oct 1999
- Mind, Media & Medicine May 2000
- The Human Resources Forum May 2000

### **PROGRAMMES HAVE BEEN PERFORMED FOR:**

- The Royal Society of Medicine
- The Royal College of General Practitioners
- The Royal College of Psychiatrists
- Royal Defence Medical College
- The Royal Navy
- HM Treasury
- University of Wales
- Association of Accounting Technicians
- Pfizer
- Pharmacia
- International Business Communications
- 60 seminars have been performed for local GP Tutors as part of refresher courses, study days or weekly meetings
- 10 seminars have been performed for Human Resource Departments in the Healthcare sector
- 5 seminars have been performed for NHS Trusts
- University of Portsmouth

### **ARTICLES:**

- Personal Development Training  
*Pharmaceutical Times, September 1994, p26-27*
- Self Confidence for Success  
*Pharmaceutical Marketing, September 1994, p41-42*
- 5 Rs for Keeping Positive Under Pressure  
*Business Now, August 1997, issue 94*
- Positive Under Pressure  
*Training Officer, December 1998, Vol 34 No 10, p303-305*
- Grace Under Pressure  
*Sales Director, November 1998, p63*
- Is your job a health hazard?  
*Health & Fitness, May 2000, p51*
- Be Positive Under Pressure  
*Business Executive, Winter 2000, p6-8*
- The Stress-free Life Plan  
*Family Circle, November 2001, p58 – 60*

## CONTRIBUTIONS TO ARTICLES:

- Coping with Stress  
*BMA News, March 1999*
- I want to Dive into Life Now, Not Push it Away  
*Zest, May 1999*
- Tackle Stress Before it Tackles You  
*The Times, June 1999, p3*
- Overworked, Over Stressed, Over Here  
*The Independent on Sunday, August 1999, p9*
- Health Report – The Working Weak  
*The Observer Magazine, February 2000 p17*
- Expert Tips for Time Management  
*The Sunday Times, March 2000, p4*
- Positive under pressure  
*Sunday Express, June 2000*
- How your body reacts when you get dumped  
*The Mirror, July 2000*
- Off work again, eh?  
*Real Business, July/August 2000*
- From stress to serenity  
*Here's Health, July 2000, p44*
- How are you coping with pressure?  
*New Impact, August 2000, Issue 6 Vol 6*
- Health Report  
*Observer Magazine, September 2000*
- Take control of your health  
*Home & Life, October 2000*
- Ready to relax  
*Accounting Technician, October 2000*
- Are you hooked on being busy?  
*Woman's Weekly, November 2000, p22*
- How to pick up early signs of stress  
*The Observer, 12 November 2000*
- How to avoid suffering from stress  
*The Observer, 19 November 2000*
- How to deal with stressed-out colleagues  
*The Observer, 26 November 2000*
- Your Body  
*The Mirror, November 2000*
- Occupational Hazards  
*Shape, January/February 2001*
- Hurry Sickness  
*Daily Express, August 2001*
- The Break-up Body  
*Daily Mail, 17 September 2001, p42-43*
- What Type of Eater Are You  
*Daily Express (ExpressWoman), 20 August 2002, p32-33*
- I Juggle Too Much  
*Woman, 10 February 2003, p29*

## **PRESS:**

- Winning at the Career Game  
*Institute of Directors Central London Newsletter, Oct 1994*  
*Institute of Directors Central London Newsletter, Jan 1995*
- Positive Under Pressure Luncheon  
*Mossimann's newsletter, October 1995*
- Thriving on pressure  
*Training Update, July 1998*
- Manual Labour  
*Daily Express, May 2000*
- Book Review  
*People Management, June 2000*
- Preview, latest books, tapes & events  
*Health & Fitness, July 2000*
- Three of a kind... stressbusters and pressure points  
*Management Today, July 2000*
- Bookshelf - new books that might change your life  
*Zest, July 2000*
- Positive Under Pressure  
*Pharmaceutical Physician, September 2000, Vol 11 No 2*
- Family doctors 'taking on too much'  
*Stafford Express & Star, 30<sup>th</sup> April 2001*  
*Wolverhampton Express & Star, 30<sup>th</sup> April 2001*  
*Kidderminster Express & Star, 30<sup>th</sup> April 2001*  
*Dudley Express & Star, 30<sup>th</sup> April 2001*  
*Lichfield & Burntwood Express & Star, 30<sup>th</sup> April 2001*  
*Walsall Express & Star, 30<sup>th</sup> April 2001*  
*Cannock Express & Star, 30<sup>th</sup> April 2001*
- GPs 'taking on too much work'  
*Evening Telegraph & Post (Dundee), 30<sup>th</sup> April 2001*
- 'System relies on workaholics', says expert  
*The News (Portsmouth) 30<sup>th</sup> April 2001*
- Question mark over the effect of GPs' protest  
*Newcastle upon Tyne Journal, 30<sup>th</sup> April 2001*
- Workaholic GPs are a suitable case for stress treatment  
*Birmingham Post, 30<sup>th</sup> April 2001*
- Family doctors take on too much work, says expert  
*Western Mail (Cardiff), 30<sup>th</sup> April 2001*
- Over-stressed GPs 'taking on too much work'  
*PA News, 30<sup>th</sup> April 2001*
- Expert says GPs are now learning to deal with stress  
*General Practitioner, May 2001*
- Maximising your potential  
*Clinical Research Focus, Vol 6, No 3*
- El Estres Me Sienta Bien  
*Tercera, Chilean Newspaper 27 December 2002*

## **CONTRIBUTIONS TO INTERNET SITES**

- Friend or Foe? (Men's Health)  
*netdoctor.co.uk, January 2000*
- Christmas Advice  
*icommerce.ie, December 2000*
- Saying 'No' helps GPs' stress  
*doctorsworld.com, April 2001*
- GPs shut surgeries over workloads  
*ITN.co.uk/news, June 2001*
- Stressbusting's guide to what to read and listen to now  
*stressbusting.co.uk/help*
- Good times, bad times - stress in the good old days  
*Channel4.com*
- Work Pressure – Can you handle it?  
*topjobs.co.uk – instant expert article*