

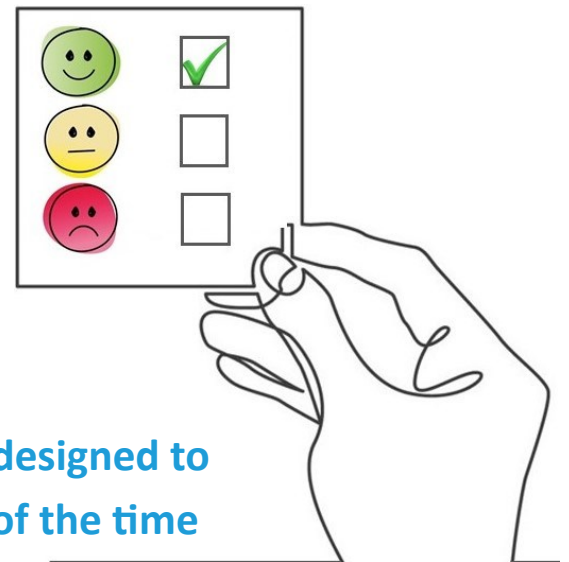
FAST Pathways® Academy - Master Class Menu

Welcome to more Resourceful Thinking

No matter how talented, dedicated or experienced they are, every one of your people deals with stress, uncertainty and change every day: Competing priorities, difficult customers, tight deadlines... Or issues from outside work, like relationship problems, adverse health or money worries. They'll take most of those challenges in their stride. But the more they build up, the more they impact performance.

The FAST Pathways Academy programmes equip your people to stay at their resourceful best, even when the pressure's on.

Blending interactive masterclasses with bite-sized online resources, they work without needing ongoing practice to maintain the results. Because let's face it, setting new habits can be tough - most of us don't consistently do what's good for us, especially when we're already feeling stretched or overloaded.



Our 30-60 minute online Masterclasses are designed to give you more of your people's best, more of the time



Across 10 years of delivering to around 25,000 people, from many different types of organisation, I'm chuffed to bits to have achieved an **average session satisfaction score of 9.2 out of 10.**

But improving performance goes way beyond the session itself – it's what the audience do with it, and the differences that makes, which really matter.

That's why every FAST Pathways talk or masterclass also includes access to our library of online skills resources, delivering results long after the session itself.

"It's like a vitamin boost for your emotional immune system"

How to Keep Stress Useful



“My job’s really stressful. It used to build up until easy, normal situations became a big challenge. With the skills I’ve learned from Sue, I feel so much better, and stronger. I can deal with any wobbles.” Zoe, Wirral

“Stress caused me to walk away from a previous career to avoid complete burn-out. I’ve started a new career, but stress and anxiety were still causing me to take time off sick. After a few hours learning Sue’s skills, that’s all gone—my life’s now free from that stress and anxiety.” Alastair, Liverpool

Staying Resourceful when the Pressure’s on

Stress can be uncomfortable and disruptive, but not all stress is bad. It’s a problem when the total amount you’re facing exceeds your resources for dealing with it. Below that problem threshold, those stresses can bring out your very best – the challenges you rise to and grow from, even if they’re not ones you’d have chosen. The stresses which give you energy instead of draining it away.

So in this session, we explore how to boost those inner resources— to raise your threshold and keep your stress in the useful zone, so that you can take life’s challenges (professional and personal) more smoothly in your stride.

We’ll Explore How To

- Stop runaway worrying, and sleep more restfully
- Convert more of your stresses to useful
- Reduce the impact of dealing with difficult people
- Get the best from stress without spending time and energy managing it



“Sue’s talk helped me to reflect on my work stress. She discussed helpful techniques for managing both difficult situations and internal struggles that have proved useful already” Sam, Preston

Life is unpredictable, and it's easy for the curveballs to knock us off track.



We all know the importance of equipping ourselves and our people with the right skills. But one of the most powerful, flexible skills is often overlooked or taken for granted. The ability to deal with uncertainty, adversity and change.

This session aims to put that right

How to Deal with Uncertainty and Change

I've spent most of my career leading change, more than doubling productivity within two global businesses, and generating around £6Million a year in savings along the way.

There were a lot of frustrations and false starts – I didn't understand as well as I do now, how to change mindsets and behaviours, whether that's other people's or your own. We'll explore some of the most common roadblocks to effective change, equipping you to recognize and avoid them, to reduce anxiety, and improve resourcefulness.

You'll Learn

- How to stop your mind's efficiency shortcuts from getting in the way
- The most common ways we get stuck (and how not to)
- How to build on what's already working
- And how to fine tune your inner satnav, to make better decisions, and adjust course more smoothly



Feeling overloaded is one of the most common stresses—42% of people experience it often. But even when you can't change what's causing that stress, there's a lot you can change to deal with it more resourcefully.

"I was starting to struggle. My confidence had taken a dive, and I'd often feel like crying for no reason. Right from the start of FAST Pathways, I've felt like I'm taking back control, something's lifted.

It feels like a whole load of baggage just isn't there any more – things which had been there all my life. I'm much more relaxed, and worrying a lot less. I've gained so much, taken back control and have learned techniques which will stay with me forever" Julie, Wirral

Stress Success—How not to Burn Out

How often do you start your day wishing it wasn't time to get up yet? The alarm goes off while you're lying there, warm and comfy. You ease your mind forwards into what the day holds, and quickly wish you hadn't – so many things competing for your attention. You end up dragging yourself out of bed because you have to, carried along on a tidal wave of stuff to do.

In this session, we'll explore having less of those days, and more of the ones when things come together. You've a spring in your step, ready for what's ahead.

You'll Learn How To

- Spot the early warning signs that stress is building up, and how to stop it
- Get back some of the time a stressed brain wastes
- Stay at your most resourceful, so you don't get stuck feeling stressed out

"I've always over-thought things, going back over past events and feeling like I'm stuck in my head. The anxiety it's caused could get really unpleasant. The straightforward FAST Pathways techniques have helped me to feel much better. I feel stronger to deal with my patches of over thinking, without them taking over." Alan, Liverpool





Multi-Tasking—Myth, Magic or Mayhem?

Multi-tasking's often a valued skill, and one in which we may take pride. But is it really productive? In this session, we'll explore when multi-tasking works best. You'll learn straightforward ways to make the most of your mind's capacity, and stop a few of its common habits from getting in the way of you performing to your best, especially when there's a lot to get done.

You'll Discover

- Why 4 is your mind's magic number
- How to more easily clear your mind between tasks
- Some straightforward ways to avoid getting overloaded
- And how not to take on more than you can manage, without anyone feeling let down



“Being keen to do my job well, I was putting in ridiculously long hours and feeling really stressed. I struggled to switch off, didn't always sleep well, and worried a lot.

The FAST Pathways skills have made a big difference, quickly. I'm now comfortably logging off at the end of my working day, and still getting through what needs to be done. I'm spending more time with my wife, and enjoying my evenings. My stress has halved, and I'm more motivated. A significant improvement.” Matt, Bradford



The F-Words

Fear and Frustration....

When you're in the grip of an unpleasant emotion, you're not at your best. You might find yourself wanting to avoid the situation, no matter what that means missing out on... Or feeling that you've let yourself down by getting emotionally hijacked into a reaction you'd not have chosen

How to Evict an Unpleasant Emotion

Toughing it out is an option. But there's an easier way... Because the way that you're feeling isn't down to the situation itself, but to how it's showing up in your thinking—and that can be easier to change than you might have thought.

There's no need to delve into any personal history, or understand the unpleasant emotion's origins, to be able to clear it away, and embrace the freedom which awaits beyond.

You'll Learn

- The surprising origin of many of our fears
- Why venting doesn't work
- And two powerful techniques for dialing down the discomfort, putting you back to your most resourceful

"My big fear was presenting. For weeks leading up to a presentation, I'd get increasingly nervous. I'd put in every last scrap of my energy to the preparation; and play through all sorts of things going wrong. After working with Sue, I look forward to presentations, and deliver without any anxiety" Leon, London



The C-Words ...

Confidence and Charisma



Growing a successful career takes most of us beyond our comfort zone – networking, presenting or public speaking, dealing with awkward people.... If these sorts of situation fill you with dread, then fear not.

You don't have to get through it the hard way....

How to Prep for a Challenging Event

Stepping up to a challenge can be scary, and a lot of people believe that the only way to get good at it is to keep putting yourself through that discomfort again and again, until eventually you get used to it. But there's an easier and more effective route than 'Fake It 'til You Make It'.

This session explores the skills of top performers, equipping you to take even the biggest of challenges smoothly in your stride.

You'll Learn How To

- Change your mind's set-by-accident patterns, to get breakthrough results
- Avoid the biggest mistake which almost everyone makes
- Use the skills of top athletes to harness your mind's full power in preparing for the big challenges



"The skills I've learned with Sue have completely changed my confidence" Charlotte, Liverpool

"I wanted to build partnerships; but every time I thought of asking, I stressed out, and put it off. Sue gave me different ways to prepare. After months of putting it off, I did it - and got exactly the outcome I wanted." Vicki, Crosby



Exploring Wellbeing

Effective wellbeing's much more than avoiding ill-health. But when you've a lot on the go, it's easy for looking after yourself to slip down the priorities. This session aims to stop that from happening.

"The session was pitched really well. Informative, engaging and practical... Outputs driven, and underpinned with the latest research." Lynne, Sheffield

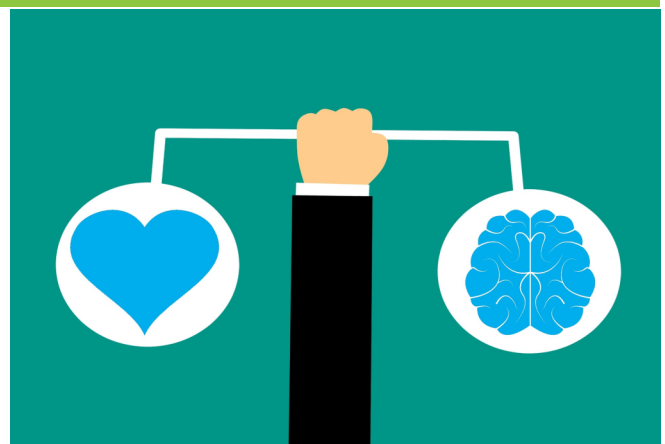
Looking After You

Maintaining mental wellbeing means ensuring that the total load you're experiencing (your worries, frustrations, challenges, anxiety, fears, upsets....) doesn't exceed your resources for dealing with it. Exceeding your resources is uncomfortable. And the longer it persists, the greater the risk of developing mental ill-health. But there are other important impacts, long before that.

This session explores some straightforward ways to look after yourself, even when you're busy - keeping you at your most resourceful, to stay feeling on top form more of the time.

You'll Learn

- How to bust the common wellbeing myths which keep many people stuck
- Why managing doesn't work, and what to do instead
- How to get more of what's working and less of what's not, from your thinking



And a powerful skill for getting your system off high alert to stay calmer and sleep better, even when you're under pressure



When I ask people ‘what are your biggest stresses?’ other people are always close to the top of the list. The ego-driven boss, difficult customer, moody spouse, or stroppy teenager at home....

This session explores the skills to deal more smoothly with disagreement and conflict, whether it’s in work or at home, easing away the stress it can cause.

Mastering Challenging Conversations

We all have to face life’s bullies and mood hoovers. Have you dreaded dealing with someone who’s put you down, hurt or insulted you in the past, or who’ll argue with anything? Have you carried on replaying a conversation in your mind, long after it’s finished, or held back from speaking up on something important? This session explores the skills to take those difficult conversations smoothly in your stride—before, during and after, improving the quality of those important relationships.

You’ll Learn

- How not to accidentally start an argument
 - Why we can mis-hear what’s said
 - How not to get triggered when something touches a nerve
 - Why conflict often outlives what started it
-
- And how to stay feeling calm and centred, no matter what’s said



“There are a lot of egos in our team. When I felt that wrong decisions were being made, I didn’t seem able to speak out. It was really upsetting. It had been building up for quite a while, and I was getting more stressed out and anxious. Sue taught me how to feel shielded, protected, able to speak my mind when I need to. I’m now comfortable standing my ground.” Janet, Wirral



How many decisions do you make which you later regret, or let fall by the wayside? How often do you find yourself stuck, unable to decide at all?

This session explores some powerful ways to make the important decisions more straightforward and effective, smoothing your path to success.

Making Good Decisions

Working towards something which really matters, for yourself, your organisation, your community or your family is one of life's most rewarding experiences.

But how many New Year's Resolutions fade away long before January's at an end? Deciding what you want is the first of many steps to achieving it — and that achieving needs more than logic or willpower to make it happen.

So we'll explore some straightforward ways to overcome your mind's less-than-helpful habits, removing the most common obstacles to decisions that deliver.

You'll Learn How To

- Balance head and heart for the best decision outcomes
- Avoid getting tricked by your mind's short cuts
- Strengthen your motivation, and maintain your momentum
- Time the key decisions to be most effective



We'll explore the roles of the two parts of your thinking — how they work together, and how to keep them playing nicely so that you don't de-rail your own progress. And a straightforward technique for getting yourself into the best state of mind for making the important decisions.



You make thousands of decisions every day, so how do you make sure that the important ones stick?

When there's something you want to change, for yourself or within your work, it takes more than good intentions. That's why so many New Year's Resolutions fail.

So this session looks at the common willpower traps, and how to avoid them

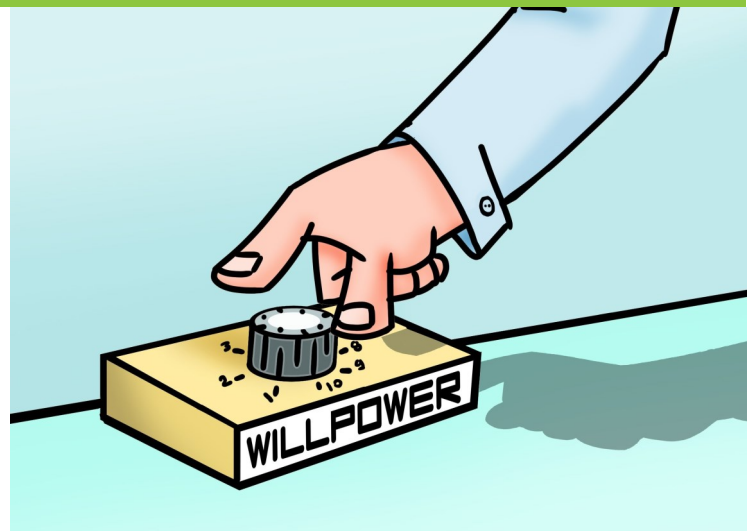
Motivation and Willpower

Willpower is logic's way of getting bossy—trying to drag your emotions into line and control your behaviour in support of your longer term aims. But Willpower's been scientifically proved to be a limited resource, with countless day-to-day experiences reducing it. So relying on willpower to keep you on track is a risky strategy.

Instead, we'll explore some straightforward ways to boost your natural motivation and build momentum, without the inner struggle. Making your route to success easier and more enjoyable.

What You'll Learn

- How to keep the two parts of your thinking working well together
- What drains willpower, and how to keep yours topped up
- Why giving yourself a guilt trip doesn't work
- And the easiest trick imaginable for helping a new habit to stick



"I really wanted to lose weight, as I've always tended to binge eat when I'm stressed. Sue helped me set new habits with food. I've started really enjoying going to the gym every day, and even though I'm still going through a huge amount of stress over other things, I've already lost a stone. It's made a huge difference, feeling back in control." **Louisa, Cheshire**



You make hundreds of decisions about food every day. So how do you make sure they're good ones?

Changing your relationship with food takes more than good intentions. That's why only 1% of diets lead to long term weight loss....

This session explores a powerful alternative to dieting, so you can eat more healthily, and really enjoy it.

Conscious Eating

Tightly limiting your food intake makes your body think that food is scarce, so it holds on to the calories. And of course, if you place some foods completely off limits, you're more likely to obsess about them, making it a huge battle of willpower. There is an easier way....

Willpower's been scientifically proven to be a limited resource, easily depleted by feeling stressed or hungry, and by controlling impulses. So we'll explore how to create your compelling vision of the healthier you, to better guide your eating choices, without relying on willpower.

You'll Learn How to

- Fine tune your body's hungry and full signals, so you don't get tricked
- Eat like a gourmet, and really enjoy it
- Maintain a healthy weight without counting the calories
- Bypass the common pitfalls and guilt trips which de-rail so many diets



"I was feeling tired, stressed and anxious, with my finger on my self-destruct button through mindless eating. My resulting poor health meant I needed help to find my way again. Using the FAST Pathways resources, I'm calm. I'm controlling my overeating, by enjoying food for the right reasons - hard to believe from someone who'd always been an emotional eater!"
Jane, Wirral



Sleep's one of your body's most effective ways of replenishing your inner resources. So it's unfortunate that just when you need it most — when you're feeling overloaded, worried or stressed out — is exactly when it's least likely to be working at its best.

How to Get a Good Night's Sleep

Over the many years I've been sharing the FAST Pathways skills, sleeping better has been one of the most common outcomes which people have enjoyed — even when it wasn't something they'd set out to improve.

Getting enough quality sleep helps the different parts of your thinking to work together most effectively. We'll explore how setting yourself up for quality sleep doesn't just happen at bedtime. And how to get to sleep, and stay asleep each night.

Because it's so much nicer to wake up feeling rested and ready for whatever the day might throw at you.

What You'll Learn

- Sleep's many benefits to your physical and emotional health
- How sleep affects your memory and emotions
- Using sleep to improve creativity and problem-solving
- And the latest scientific findings on how to set good sleep habits



When you start the day feeling rested and ready for whatever it might bring, it's so much easier to take whatever you're facing, more smoothly in your stride.

Recent Audience Feedback

"Sue is an amazing speaker and facilitator. I have a short attention span, but Sue's talk was engaging, captivating and intriguing. Her presentation skills are second to none."
Charles, Edinburgh

Sue's talks and interactive masterclasses equip your people to get more of what works, and less of what doesn't from their thinking.

Drawing on extensive experience and specialist knowledge, Sue created the FAST Pathways® Academy to share powerful skills for enhancing performance through both people and process.



Explore some of the typical FAST Pathways outcomes at

www.fast-pathways.com/successes.html

"Sue delivered an excellent presentation. Her content was practical and well researched, and even using the digital technology her passion for the subject completely engaged the audience. What she shared will be invaluable for any organisation wanting to keep or return their people to being on top form" Sue, CIPD Derby Notts

"Sue has some insightful and thought provoking ideas, which she delivers in a really engaging and fun manner. Her sessions on addressing stress are fantastic. Would definitely recommend her." P Parry, Heritage Lottery Fund



To Contact Sue Evans

Call Sue on:

07800 795929

Or email her at

sue.evans@fast-pathways.com

