

# **Stress & Time Management for CEOs**

Reduce Stress to Achieve Success

**Do you want to find time?**

**How many hours a week do you work?**

***Are all your hours productive?***

**Is your work/home life balanced?**

**Are you too busy working *in* your business? Do you want to start working *on* your business?**

“From my former general management, human resource management and training roles in a multi-national and family contracting business, along with my current role as a business development specialist and coach, I have a wealth of experience in stress management, coaching, time management, and business development.

“I can teach you what we should all have been taught as children – how to manage stress and ensure that you are able to recognise when you are in a state of stress and help you to take the necessary steps to change your behavior quickly” – *Cathy Scanlon*.

## **Proven track record in:**

- Telephone coaching
- Mentoring
- Team building
- Stress management
- Problem-solving
- Work/life balance – positive mental attitude
- Financial management
- Sales/marketing
- One-to-one coaching
- Time management
- Effective communication
- Human resource management
- Business development
- Book editing and publishing
- Customer service
- Event management

**CATHY SCANLON**

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CIPD qualified, an Accredited Coach and Stress Management Trainer/Coach**