



DR SAM AKBAR: *Talks*

The Stress Solution: Transforming Pressure Into Performance

In the UK, the issue of work-related stress and its financial implications is profound. It's estimated that work-related stress and mental illness account for more than half of work absences, costing British businesses around £26 billion annually. In our fast-paced world, some stress is an inevitable part of our daily lives. But what if we could not only manage this stress but turn it into our strength?

Finding concrete, actionable and practical ways to manage stress is crucial if leaders and teams are to effectively tackle the impact of stress in the workplace and to turn pressure into performance.

Dr Sam Akbar, Clinical Psychologist, provides engaging and entertaining keynotes and masterclasses to empower leaders and teams with practical tools to beat stress and build resilience. She will show audiences how to transform their relationship with stress, in the workplace and at home, and challenge audiences to try tools and techniques to build their resilience skills.

Our company was looking for speakers on the subject of stress as part of our Mental Health programme. Sam has such a warm sense of humour and a very engaging way about her. Her style is relaxed and modest which immediately put us all at ease. I highly recommend meeting Sam and having her work with any team looking for ways to reduce stress in the workplace or personal life – Sam and her book break it down into practical tips and ideas that stick in your mind.

Kerry Osborne, Mudabla Capital

Who Needs This?

- Organisations who are willing to meaningfully address stress and resilience in their people
- Organisations who want to foster a culture which supports growth and resilience in the face of stress
- People who want to learn how to relate differently to stress

What Will The Audience Learn?

- How to change their relationship with limiting thoughts and beliefs
- How to manage difficult emotions which impact on well-being
- Practical tools which can immediately be put into practice
- How to get in touch with their values and purpose

What Format Can This Be Delivered In?

- 45 minute keynote
- A 2 hour masterclass for a really deep dive and to access even more practical strategies for use with individuals and sharing more widely in teams
- Virtual or in person

About Dr Sam Akbar

Clinical Psychologist, Dr Sam Akbar, is an acclaimed author, speaker and expert in stress, resilience and trauma. Her expertise in treating refugees with PTSD provides a unique insight into resilience. Renowned for the internationally translated handbook, 'Stressilient: How To Beat Stress and Build Resilience,' Dr Sam is adept at making complex psychological ideas accessible and practical for teams and individuals. Dr Sam empowers leaders and teams with practical tools to navigate the challenges of the modern workplace, fostering deep engagement and reducing burnout.