

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:

- Feature, Nicki Waterman, Fitness Trainer ...
Satellite, November 1998
- 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
- What type of eater are you ...
Express, Woman, August 2002
- I Juggle Too Much
Woman, 10 February 2003, p29
- Posh: The incredible shrinking woman
Closer, December 2003
- Coping with Stress, contribution
Woman, February 2003
- Under Pressure – 7 days to a stress free you

- Prima, March 2004, p46-48*
- Safe & Sexy, Safer Sex Sense and Condom Checklist
Erotica Official Showguide, 2005
- More than a Massage, Natural Healing
Top Sante, October 2008, p79-80
- Your Top to Toe Stress Alerts
Prima, p160-161
- Positive Under Press free copy with subscription of Women's Fitness
Women's Fitness, p57
- Take the Stress Test
Prima, August 2005, P48-49
- How to have a stress free life ...
Express.co.uk 28 June 2010

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, 30th April 2001
Wolverhampton Express & Star, 30th April 2001
Kidderminster Express & Star, 30th April 2001
Dudley Express & Star, 30th April 2001
Lichfield & Burntwood Express & Star, 30th April 2001
Walsall Express & Star, 30th April 2001
Cannock Express & Star, 30th April 2001
- GPs 'taking on too much work'
Evening Telegraph & Post (Dundee), 30th April 2001
- 'System relies on workaholics', says expert
The News (Portsmouth) 30th April 2001
- Question mark over the effect of GPs' protest
Newcastle upon Tyne Journal, 30th April 2001
- Workaholic GPs are a suitable case for stress treatment
Birmingham Post, 30th April 2001
- Family doctors take on too much work, says expert
Western Mail (Cardiff), 30th April 2001
- Over-stressed GPs 'taking on too much work'
PA News, 30th 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