



People and Performance

Corporate Prospectus 2019

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Paul is an incredibly engaging speaker, and his honest approach made the session extremely valuable, both from a personal and work perspective.





Paul Scadding

**Motivational Speaker
and Success Coach**



Paul Scadding works with individuals and organisations to achieve success without stress. Paul transformed his life when he learnt how to handle stress and take control of his response to change and challenges. He came off anti-depressants after ten years and has been able to achieve success that he once thought impossible.

Paul now teaches what worked for him and what's worked for hundreds of his clients. He speaks on inner resilience, motivation and embracing change, delivering programmes in organisations and with individuals in his private coaching practice.

Paul is committed to showing people that the key to their success is their mind and developing an attitude that allows them to respond effectively to challenges and change.

98%
of workshop
attendees would
recommend to
a colleague



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Paul's delivery is absolutely fantastic and so engaging. I've taken more from this session and use it more than anything else I've ever done.

Contacts and Booking

To book Paul as a speaker for your audience email **hello@paulscadding.com** or call Paul on **07825371942** to discuss your needs.

For more information visit
www.paulscadding.com

Find Paul on social media...

-  **@paulscadding**
-  **paulscaddingcoaching**
-  **Paul Scadding**



Delivery Themes

Paul speaks on a range of themes to motivate and enthuse individuals and teams in the workplace. These can include, inner resilience, leadership, embracing change or specific themes you need addressing in your team or organisation.

Most requested themes in 2018:-

- **Developing Resilience**
- **Embracing Change**
- **Managing Mental Health In Life and Work**
- **Taking Care Of You – An Essential Guide To Wellness**



Bespoke Delivery

Whether it's organisational change, specific challenges or a targeted audience, Paul will discuss your business needs and work with you closely to create an event to meet your requirements. Paul will liaise with you around key elements such as core messaging, comms, duration of the event (e.g 2-hour workshop, team away day etc) and venues to ensure that the event meets the needs of you and your people.

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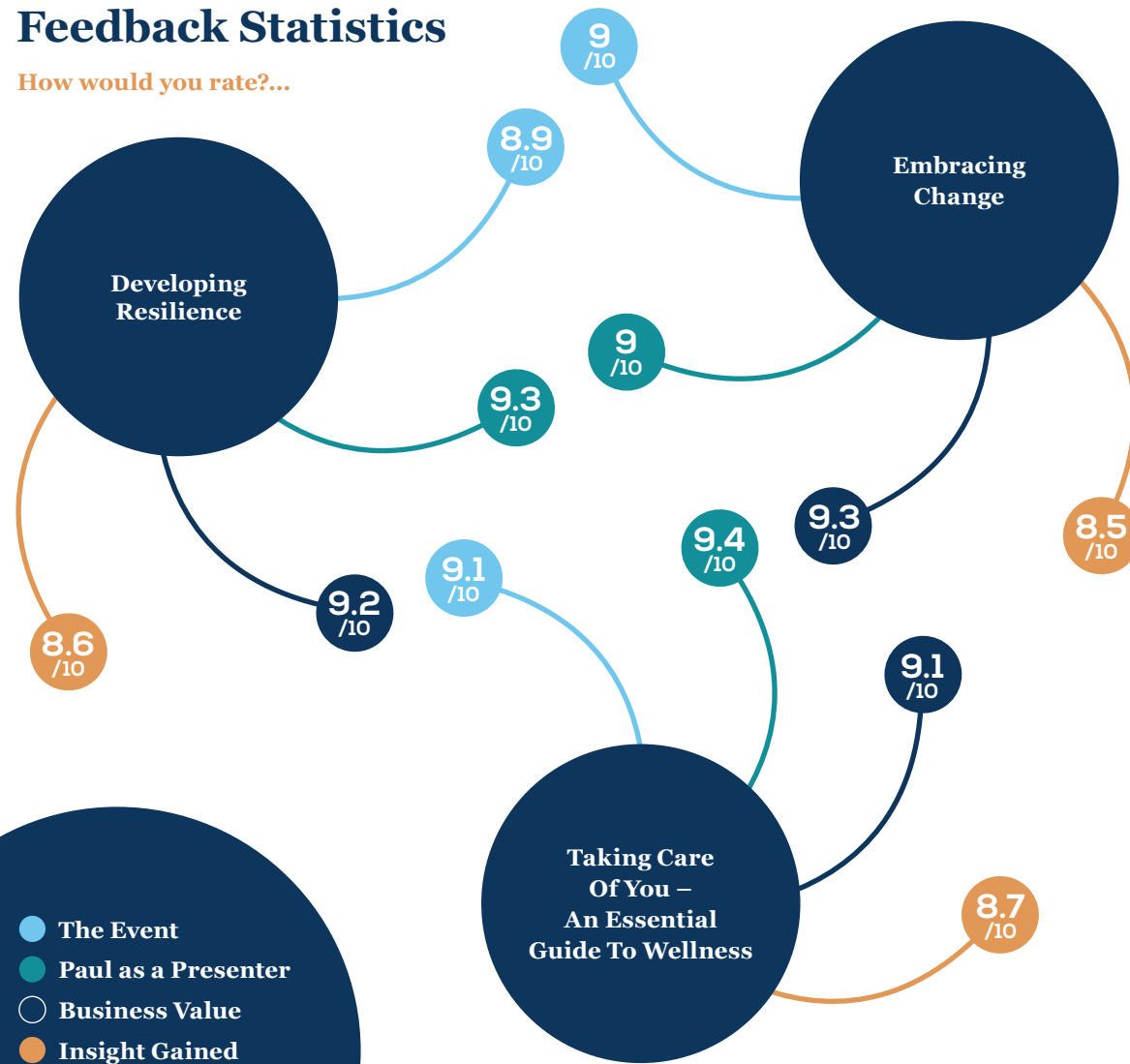
Working with Paul to tailor content to our team was so important for us. We wanted a session that was really focussed on the challenges they were facing. Paul took the time to understand our challenges and delivered a great session. Our team were able to use the tools he suggested to immediately implement changes and we noticed a shift straight after the session, changes that are still visible six months later.

– Lucy, Marketing Manager



Feedback Statistics

How would you rate?...



- The Event
- Paul as a Presenter
- Business Value
- Insight Gained



Workplace Coaching

Change and challenges are inevitable in the workplace today. People can become overwhelmed, lose motivation and even burn out, having to take time off to recover. Personal coaching can quickly help a person get a fresh perspective, see solutions and recover their enthusiasm for work.

A programme of personal coaching can be arranged and Paul also provides a company coaching day, where staff have a short in person session with him.

Employee Testimonial

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Without being too overdramatic, Paul has changed my life! The last few years I've spiralled further and further into this anxious place, and it was really starting to become a struggle to keep it on the inside every day, and still be 'shiny and happy' on the outside. The coaching has flipped some kind of switch that I'm positive will never go back again. It's given me the much needed inner head space to be able to be more calm and be confident in my thinking. My friends and colleagues have both said recently how different I am since I started working with Paul.



Testimonials

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Uplifting and beneficial focusing on solutions not problems.

Made me think about my own strategies I apply to my life and what new strategies I could learn to handle different events in my life.

Paul delivered solid information in a down to earth, very real way. His insight is uncanny, and the tools suggested for self-improvement seem sensible and accessible in everyday life.

It was so relevant, enjoyable and helpful. I know so many of my team will have benefited from this, especially the breakdown of what resilience actually is.

Most amazing insight into the human mind I have ever heard.

For more testimonials visit www.paulscadding.com