

CARL JONES

THE S.L.A.P. TECHNIQUE

WELFARE IS NOT A DIRTY WORD.



How do you know who is going home and drinking all night as they cannot cope with the pressure at work?

How do you know who is struggling at home because of workplace stress?

Welfare is not a tick box exercise, it is part of everyday life in the office, staff and managers have to know how to navigate this subject. Quiet quitting and the great resignation is real, recruitment is hard work (and expensive). Staff retention is more cost effective and beneficial to all.

The S.L.A.P. Technique, a Wellness Coaching system has been designed to guide people on how to manage Stress, Wellness and Mental Health in the work place.

EXPERT

- Beginning with his own real life, Policing career story, highlighting the true implications of unsupported wellness and poor mental health in the workplace
- Guiding managers and staff who have limited experience managing, how to manage Wellness in the Workplace
- The S.L.A.P. Technique explained, developed as a Wellness Coaching system, that is easy to implement
- An authentic, experienced and adaptive professional speaker and trainer who is able to deliver your objectives

HELPING ORGANISATIONS

- Delivering engaging talks, between 40 mins and 2 hours
- Conference, Away Days, Lunchtime chats and training days
- Engaging half and full day S.L.A.P. training workshops
- One to one coaching and consulting (as required)

HELPING EDUCATION

- Giving talks and seminars
- Training students and staff in a simple framework Wellness Coaching programme
- Preparing people for the future


S.L.A.P. IS AS SIMPLE AS

- Stability
- Listen
- Adjust
- Patient



SERVICES PROVIDED

- Professional Speaking
- Leadership development programme
- Training. Half and full day Workshops
- One-to-one support coaching and consulting

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EXPERT SPEAKER - MENTAL HEALTH & WELLNESS

Prevention is far better than a cure.

I AM GOING TO HELP YOU UNDERSTAND WHAT YOU CAN DO TO SUPPORT OTHERS.



I turned up for work everyday, in a uniform and was expected to go out and help others that had called the emergency services. I dealt with grief, trauma, abuse, dead people and blood. My job was to catch the criminals, but in reality it was more about managing people, situations and becoming an untrained therapist than an investigator of crime.

After being shot at 6 times in January 2011, I started to develop PTSD. Years later I was officially diagnosed with the condition. No one knew what I was going through, no one asked, no one cared until it became 'their' problem.

That is why I developed the **S.L.A.P. Technique** an easy to use and understandable Wellness Coaching system, using ping pong balls to explain how it works.

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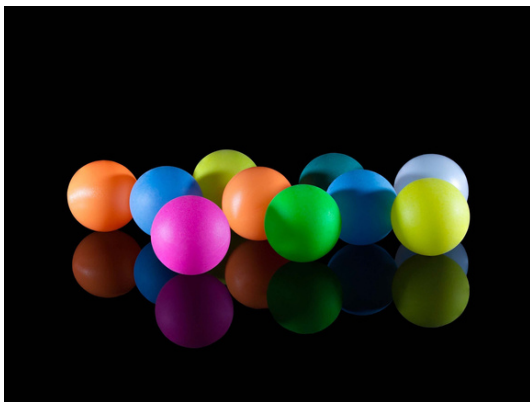
WHAT PEOPLE SAY



TESTIMONIALS

- Particularly pertinent was the talk from Carl, will take themes back to the workplace. Thank you!
- Guest speaker brilliant. Interactive session and knowing that these are going to be taken forward.
- Speaker from outside HMCTS helped put work situations into perspective.

— HMCTS



Carl's knowledge and passion around the subject of PTSD is second to none, and his expert manner of presenting his SLAP talk left our audience feeling awe-inspired, emotional and motivated to make a change in their community around the attitudes towards PTSD sufferers. We received fantastic feedback from our audience regarding Carl's talk and can't wait to work with him again soon. If you are looking for an expert on PTSD and personal mental health experience, the whole team at Ajuda Events would highly recommend Carl.

— Dawn Evans, Mental Health show



We held our Psychology in the Community event last week, in collaboration with the University of Gloucestershire (where I am a Lecturer in Psychological Sciences). Carl gave a powerful and engaging talk about trauma and PTSD, reflecting on his personal experiences and keeping us hooked to the end! His use of props helped us visualise his core message, as did the very catchy SLAP acronym. We thank Carl for taking the time to support our event and sharing his story.

— Ebony Murray, Lecturer in Psychological Sciences & Academic Course Leader of Psychology

BENEFITS

Gain confidence
Engagement and Retention
Teams take positive action

WORKED WITH

