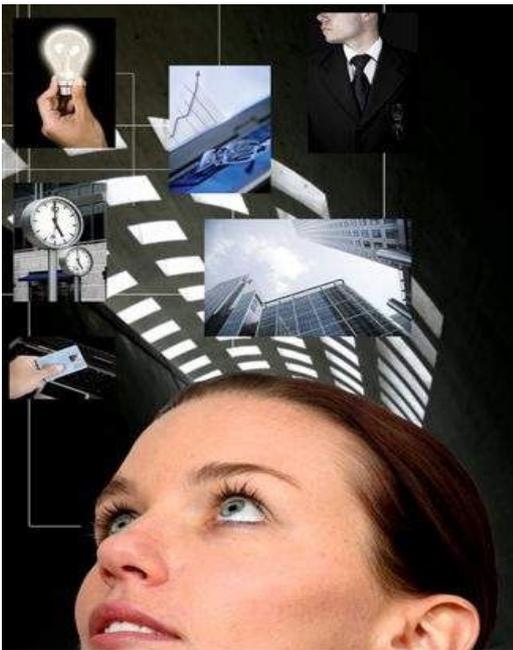


Creating calm in the face of challenge.

The old curse “*May you live in interesting times*” is upon us and many of us are struggling with ways to maintain good composure under increasingly uncertain circumstances and pressure from stressed clients and colleagues.

Erica will give us some real fixes for some age old problems so that we can feel better about our day and have the confidence to deal with difficult people and circumstances as they arise.



You can walk away with tools to:

- ❖ Recognise and respond to stress in yourself and others
- ❖ Shift to calm resilience anytime/anywhere.
- ❖ Create a positive work environment.
- ❖ Create achievable goals.
- ❖ Cope with change.
- ❖ Create better balance for yourself.
- ❖ Enjoy better physical, emotional and mental health
- ❖ Confidently handle difficult conversations.
- ❖ Deal with upset clients and colleagues.
- ❖ Feel better and lift your team.

Erica Bagshaw – Speaker, Coach and Facilitator



The Alignment Group is committed to helping individuals and organisations improve their health, productivity, and performance. Erica is a specialist in stress management and building sustainable high performance. She achieved success early in her career in I.T., sales and recruitment and her business acumen was recognised and highly regarded. After realising the damaging effects of stress on people in the workforce she began exploring ways of managing the mind and body for optimum performance and fulfillment.

Over the past 16 years, Erica has developed a depth and breadth of knowledge and experience which is now invaluable. She is an experienced Executive coach, a licensed HeartMath® provider and a skilled meditation teacher. She has delivered more than 300 educational seminars and workshops, teaching strategies to improve results, and is equally skilled in working with groups or individuals.

Creating calm in the face of challenge.

Testimonials

"The instructor was outstanding. She was engaging and her session was **extremely interesting and useful.**" (Participant feedback) [Goldman Sachs JB Were](#)

"Erica presents, entertains, and captures an audience with great skill, rolled off a base of extensive experience and education. As a coach and colleague she is insightful and a highly skilled practitioner in making a real difference to peoples' lives. **A wholehearted recommendation.**"

[Ambrose McKinnery](#), Organisational Psychologist.

"I have both run and attended a number of stress management seminars and workshops. I still learnt a few things and received some very good practical suggestions on managing my daily stressors. I found Erica to be **a well informed and a very capable presenter.** Erica had a good mix of knowledge, theory and practical application, this combined with her personality made the session **an excellent investment of time.** Thank you Erica. (Participant feedback) [The Spastic Centre](#)

"Erica has the **amazing ability** to cut through the clutter and cut to the chase with her clients. Her work in goal setting, alignment and finding purpose is **world-class** - as good as and better than anything else I've seen or read." [Gihan Perera](#), CEO, First Step Communications

"Having worked with Erica in both a professional and personal capacity, I have to say that she has an excellent ability to make a significant difference to one's perspective on things and their energy levels. **I recommend her highly.**" [Trevor Leach](#), CEO, Ray White Double Bay Group

"Very useful seminar. Presenter was great. Handy hints for dealing with stress. Was so good would have liked another hour!" (Participant feedback) [The Spastic Centre](#)

"Erica's support, clarity and insights were **fundamental to the success we experienced** in our first year. I met with Erica one-on-one weekly and my team and I met with her fortnightly to continue with our process and culture developments. Erica is **a truly great listener** and her insights and experiences are **extremely valuable.** I would recommend Erica to anyone looking to maximise their success." [Lee Valentine](#), Managing Director, Valentine Associates

"As a working mother of two young toddlers I am aware of the amount of stress and anxiety I carry around and this session made me more aware. I have started using the simple breathing technique introduced over the last couple of days and already can feel the changes. It has **definitely inspired me** to look into this further. Thank you, **I thoroughly enjoyed it!**" (Participant feedback) [Goldman Sachs JB Were](#)