

Overcoming Overwhelm – talk by Hilary Briggs

Are you feeling overwhelmed, stressed, and unsure where to start?

As a manager and leader, feeling overwhelmed when every issue imaginable hits at once is a huge challenge. From recruitment to cost pressures and everything in between, it can be very stressful and even impact your health.

It's time to change your thinking

During the interactive workshop **Overcoming Overwhelm**, Hilary draws on her diverse business experience to help you achieve a calmer state, guiding you through the key elements of the solution to overwhelm. The workshop will help you:

- Understand the causes to then establish clear priorities and focus
- Identify short term actions to gain control
- Set out longer term actions for you and the organisation to mitigate any future risk of overwhelm

Whilst the challenges may take time to work through, the shift in your thinking will make a world of difference. This workshop will help you make that shift and drive improvements in a managed way. You are in control – the events don't control you.

Real-world expertise

Hilary Briggs has over 35 years' experience working in start-ups right through to multinationals, spending much of that time overcoming the overwhelm that often accompanies the combination of multiple issues.

An engineer by training, Hilary learnt how to analyse and break problems down. Having held senior management positions in various blue-chip companies, she has also worked as a consultant improving the performance of a variety of businesses.



In the last six years, Hilary has applied her approaches to triathlons, transforming herself from low-grade amateur to member of the Team GB Age Group team, winning Silver medal in the 2022 European Championships and Gold in the 2022 British Championships. And overcoming a major Achilles injury on the way!

"I was excited following Hilary's session as I realised how I could apply all the hard-won lessons from my life to improve my work and organisation. Hilary gave me the blueprint to do this."

Member of Cardamom Growth Academy Group

Discover how Hilary's **Overcoming Overwhelm workshop** can be adapted to your requirements:

- **Call Hilary now on +44 (0)20 7373 2192**
- [Alternatively, send Hilary an email](#)
- [Or schedule an appointment](#)