

Workplace Wellbeing & Resilience

Practical strategies for performing under pressure

Supporting individuals and teams to perform under pressure

— without compromising wellbeing

Mike Lawrence

Health & Wellbeing Consultant

Speaker | MHFA Instructor

Specialising in resilience, performance, and workplace mental health

HIGH-IMPACT SESSIONS DESIGNED FOR REAL-WORLD PRESSURE

Pressure to Performance

Practical tools to stay composed, focused, and effective under pressure

Burnout Isn't Weakness – It's a Signal

Recognising early signs and responding before it escalates

Emotional Intelligence Under Pressure

Communicating clearly, managing reactions, and thinking effectively in high-stakes situations

ENGAGING, PRACTICAL, IMMEDIATELY APPLICABLE

- Grounded in real workplace challenges (not theory-heavy)
- Interactive and engaging delivery style
- Practical tools participants can use immediately
- Creates a safe, supportive space for reflection
- Adaptable for different group sizes, sectors, and environments

WHAT PARTICIPANTS TAKE AWAY

- Greater awareness of stress and early warning signs
- Practical techniques to manage pressure in the moment
- Improved focus, communication, and decision-making
- Increased confidence in handling challenging situations
- Stronger individual and team resilience

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TRUSTED ACROSS SECTORS

Experience across a diverse range of sectors, from corporate and public services to high-performance and creative environments.

NHS trusts
Zurich Insurance
The Football Association
Bonhams
Lyric Theatre London
Shelter
Hull Trains
Gloucestershire Police
Environment Agency
Local & central government departments
PepsiCo (Walkers)
Barnsley & Rotherham Chamber of Commerce
Federation of Small Businesses (FSB)

ABOUT MIKE

Over 20 years' experience supporting individuals and organisations across corporate, public, and charity sectors.

Having navigated my own recovery from major brain surgery, I bring a depth of lived understanding to resilience, self-care, and the realities of recovery that extends far beyond theory alone.

My approach combines practical tools, emotional intelligence, and real-world insight—helping people not just understand wellbeing, but actually apply it in their day-to-day roles.

FLEXIBLE, TAILORED, IMPACT-DRIVEN

Sessions can be delivered as:

Short, high-impact sessions designed to be engaging, practical, and immediately applicable in real-world environments.

15–30 minute energisers
45–60 minute interactive sessions
90-minute deeper workshops

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All sessions can be tailored to align with your organisation's culture, challenges, and objectives.

Available for sessions, workshops, and tailored programmes.