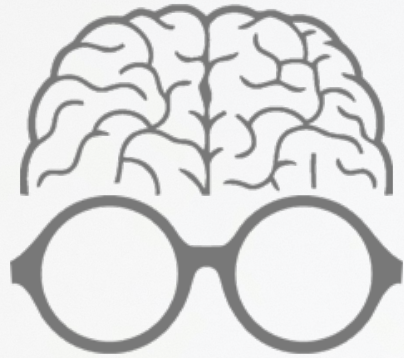


Before we start...



**ANDY WORKMAN**  
MINDSET SPECIALIST

**SOCIAL  
PRESENTATIONS**



# HOW CAN I HELP?

**Are you searching for a speaker or a presentation with the talent to make a real difference?**

**Are you sick and tired of feeling sick and tired?**

**Would you like to feel relaxed, at ease and a great deal happier?**

Of course, it's comforting to know that you're not alone.  
And the really good news is that now help is at hand.

Many social groups regularly include guest speakers and presentations in their meetings, but with so many options available, how do you make the inspired choice?

You need to find someone with a subject that interests your members, and the ability to engage, entertain and stimulate the audience. Leaving them with the impression that what they have seen and heard has the potential to make a lasting difference to their lives.

In that case, you can relax and call off the search. Because "Cavemen and Polar Bears" has the ability to satisfy all of your criteria.

As you are about to discover, "Cavemen and Polar Bears" offers you and your friends a unique opportunity to discover a proven strategy for the effective management of mood and mindset. Giving you the chance to turn your life around and face the future with confidence!

# WHAT CAN I DO?

One thing is for sure. Regardless of age, background or status, every single member of your organisation or social group is guaranteed to have one important thing in common with all the others. They have a brain! And each of uses it every moment in our lives to deal with every aspect of life, the world and our existence within it.

The key question is how well? Because here is an incredible, limitless computer for which we have never been issued a 'users manual' or book of instructions. So, far from exploiting its remarkable potential to the full, we tend to operate it in a way which is at best barely adequate and at worst downright dangerous.

But now, with the help of our visually enhanced presentation "Cavemen and Polar Bears", you'll be able to change all that. I will:

- Show you how the mind works
- Demonstrate the power you can exercise over your own mood
- Explain depression, stress and anxiety and how to combat them
- Outline the dangers posed by workplace negativity and provide strategies to combat it
- Suggest practical ways to improve dramatically your own mindset



# THE PRESENTATION

“Cavemen and Polar Bears” delivers a potentially life changing message in an entertaining, practical and informative way. Whilst respectful to mental health issues, it recognises that a tendency to take life too seriously often lies at the heart of many problems.

The two part live presentation takes approximately 90 minutes to deliver, but it can be easily adapted to meet your specific needs. It has been known for it to be reduced to a mere 20 minutes at a lunchtime meeting.

The delivery is supported by PowerPoint slides and is fully self sufficient in that the screen, projector and sound equipment can be provided if your venue requires it.

It can be used as a stand alone or as the ideal introduction to a workshop.

Question and answer sessions are very much welcomed and I am always available for individual discussion should the need arise.

## **The Impact?**

“Cavemen and Polar Bears” has a proven track record which bears eloquent testimony to dramatic improvements in the mood, mindset and quality of life among the many individuals, social groups, companies and organisations which have experienced it. All of which provides ample encouragement to take the opportunity to discover what this unique and entertaining presentation might mean to you and your friends and family.

# WHAT DOES IT COST?

The social presentation costs £60.00

This includes travel expenses up to a maximum of 50 miles (return journey to and from BS30 6RH) Anything above that mileage will incur an additional cost of £0.40 per mile.

Any additional costs will be agreed before the event so that there are no nasty surprises or unnecessary misunderstandings.

## **Sound Good?**

Great! Just email me at [info@andyworkman.co.uk](mailto:info@andyworkman.co.uk) and we can discuss your needs!