

Ricky Du Plessis

Addressing workplace stress



Webinar / Talk:

Chronic Stress - The Science Of Why It Breaks Some But Not Others

FORMAT:

60 minutes, online or in person: about 45 minutes of talk, then 15 minutes of live Q&A. Any audience size.

WHO IT'S FOR:

Teams, managers, leaders, and HR and wellbeing audiences: anyone working under pressure that doesn't let up. It works well as a lunch-and-learn, part of a wellbeing day or week, or a conference slot. No scientific background is needed; it's accessible without being dumbed down.

WHY IT MATTERS TO YOUR ORGANISATION:

Most workplace pressure can't simply be removed: workloads, deadlines, change and life outside work all add up. When people run on empty, it shows in their energy, focus, absence and retention. This talk gives your people a new way to understand that pressure and opens the door to doing something constructive about it.

WHAT IT IS (AND ISN'T):

It's an awareness talk, designed to inform and inspire rather than to train. Your people leave understanding their stress differently, with a sense of what they could change and wanting to know more.

WHAT THE TALK COVERS:

- Why so much workplace stress has no off-switch, and why conventional stress management falls short when the pressure can't be removed
- The biology of stress in plain language: how metabolic health underpins mental resilience
- Why the same pressure breaks one person and builds another: endurance, resilience and anti-fragility
- Why building capacity is a different goal from managing symptoms

WHAT YOUR PEOPLE TAKE AWAY:

- A clear understanding of how chronic stress affects energy, focus, mood and performance
- The difference between coping with pressure and building the capacity to carry it
- A fresh perspective on their own wellbeing, and the motivation to act on it
- Clear pointers for going further

WHAT'S INCLUDED:

- A tailoring call beforehand, then the live talk and Q&A
- A 14-day catch-up recording, useful for shift workers and other sites
- A promotional blurb and headshot for your internal comms
- A one-page electronic (PDF) "Where to go next" resource for attendees

WHAT I NEED FROM YOU:

- Online: your platform (for example Teams or Zoom) and a short technical check
- In person: a room with a screen, a microphone for groups over 30, and access 45 minutes beforehand
- A named contact, and promotion of the session to your staff

GOOD TO KNOW:

- Can it be tailored? Yes. The examples and emphasis are shaped around your organisation on the tailoring call.
- Is it medical advice? No. It's education and lived experience, not diagnosis or treatment.
- Want to go further? The talk informs and inspires; my workshops turn it into practical strategies your people can sustain.

Fees:

See the Workplace Stress price list at www.rickyduplessis.co.uk or scan the QR code.

