

ICF Conference Program

Session 2:

Track 2:

Dr Woolf Solomon

SPEAKER BIOGRAPHY

Dr Woolf Solomon (clinical psychologist, author, conference speaker, trainer, media personality) has for over 25 years run a corporate training and development consultancy as well as a clinical practice.

He has specialized in the areas of Executive Coaching, Stress and Lifestyle Management, Change Management and Team Development. He has many years of experience working with some of South Africa's leading corporations. He has lectured and facilitated workshops both locally and internationally. He is presently the Director of Executive Coaching Associates

Topic: Pushing the Boundaries – Creating the Balance

Stress that is not correctly managed is hugely destructive to personal health and happiness. It wrecks careers, adversely affects organisations, destroys relationships, undermines self-confidence and prevents one from reaching one's true potential.

When stress is correctly managed and controlled it can be a powerful source of creative energy enabling us to live our lives to the full. If one allows stress to get out of hand it can, unfortunately, become very destructive.

The objective of this presentation is to be of benefit to you, personally, as well as in your professional interaction with your clients to enable you to *Push the Boundaries yet still be able to Create the Balance*