



Client: City of Portsmouth College

Audience: College Staff

Topic: Mental Health, Resilience & Workplace Pressure

Format: SLAP Technique Session

Focus: Staff sickness, burnout prevention and self-resilience

Attendance:500

Supporting Staff Resilience Through the CNW Framework

City of Portsmouth College was experiencing high levels of staff sickness linked to mental health and workplace pressure. They wanted a practical, relatable session to help staff better understand their own resilience, recognise stress and burnout, and use simple tools to manage pressure more effectively.

Carl delivered his Capacity, Need and Want Framework, using lived experience, humour and physical demonstrations to make stress, resilience and prioritisation easier to understand. The session gave staff practical ways to reflect on their own capacity, recognise when they were under pressure and approach resilience in a more realistic, manageable way.

Impact

- ✓ **Staff recognised how stress, burnout and pressure were affecting them personally.**
- ✓ **Delegates gained practical tools to help manage resilience and prioritise workload.**
- ✓ **The session helped staff reflect on their own capacity, needs and wants.**
- ✓ **Real-life examples made the subject feel relatable, useful and immediately applicable.**

The talk was engaging, clear, and very relatable.

It helped me reflect on how I respond to stress and pressure.

It didn't feel theoretical – it felt real, useful, and immediately applicable.

The Capacity/Need/Want toolkit will be really helpful to embed in day-to-day life and, most importantly, in the workplace.



CARL JONES - THE CAVEMAN
Keynote Speaker

Helping teams understand stress, capacity and change through practical, memorable storytelling.



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