

# CARL JONES

S.L.A.P. TECHNIQUE



## WHY YOU NEED HIM AT YOUR NEXT EVENT

His story comes from his own Mental Health experiences. Explaining why team leaders fail to support their staff,

He delivers the SLAP Technique for managers and staff. Showing how people can support others and themselves, with stress and mental health concerns.

His SLAP technique highlights common issues that are missed and offers support to management for the hybrid era, worker loneliness and lack of support.

His teaching of team leaders, helps them develop their skills and can prevent these future concerns

## EXPERT ADVICE

- Helping struggling managers to handle stressed out staff
- Managers not knowing how to deal with mental health
- Organisations needing to provide a supportive, open and understanding environment

## GOVERNMENT ORGANISATIONS

- Unique understanding of Government working and the work of civil servants
- Help and support to manage away days
- Events and away days that need a fun, useful and entertaining speaker

## UNIVERSITIES

- Events and seminars wanting an interesting speaker
- Guest speaker for lectures

## HELPING ORGANISATIONS WITH

- Team training days
- Meetings and Workshops
- Conferences and Seminars



# CARL JONES

SPEAKER - EXPERT IN MENTAL HEALTH

**POLICE DETECTIVE**

**SHOT AT 6  
TIMES (2011)**

**NATIONAL  
BRAVERY  
AWARD**

**IGNORED  
THE SIGNS**

**TRAUMA  
MEANT  
DISCIPLINE**

**DIAGNOSED  
PTSD (2016)**

**BADLY  
MANAGED**



**FORCED TO  
TAKE MEDICAL  
RETIREMENT  
(2019)**

**DEPRESSION,  
ANXIETY, PTSD  
ALCOHOL  
ABUSE**

**RECOVERY**

**REDISCOVERY**

**REBUILD**

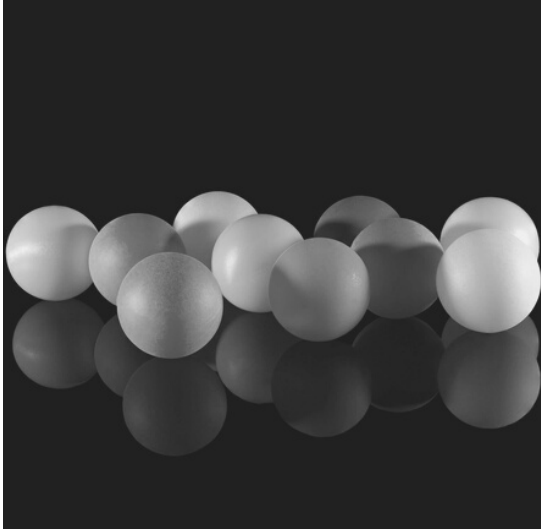
**FINDING MY  
PURPOSE**

**HELPING  
OTHERS**

**DEVELOPED  
THE S.L.A.P  
TECHNIQUE  
(2020)**

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## WHAT PEOPLE SAY



## TESTIMONIALS

- Particularly pertinent was the talk from Carl, will take themes back to the workplace. Thank you!
- Guest speaker brilliant. Interactive session and knowing that these are going to be taken forward.
- Speaker from outside HMCTS helped put work situations into perspective.

### ■ HMCTS

Carl's knowledge and passion around the subject of PTSD is second to none, and his expert manner of presenting his SLAP talk left our audience feeling awe-inspired, emotional and motivated to make a change in their community around the attitudes towards PTSD sufferers. We received fantastic feedback from our audience regarding Carl's talk and can't wait to work with him again soon. If you are looking for an expert on PTSD and personal mental health experience, the whole team at Ajuda Events would highly recommend Carl.

### ■ Dawn Evans, Mental Health show

We held our Psychology in the Community event last week, in collaboration with the University of Gloucestershire (where I am a Lecturer in Psychological Sciences). Carl gave a powerful and engaging talk about trauma and PTSD, reflecting on his personal experiences and keeping us hooked to the end! His use of props helped us visualise his core message, as did the very catchy SLAP acronym. We thank Carl for taking the time to support our event and sharing his story.

### ■ Ebony Murray, Lecturer in Psychological Sciences & Academic Course Leader of Psychology

## BENEFITS

Managers gain confidence

Immediate Engagement

Teams taking positive action

## WORKED WITH



# NOTES