



City of  
Portsmouth  
College

**What they enjoyed  
the most.**

Your enthusiasm

The speaker kept it  
engaging.

New way of thinking

Explanation and  
physical Explanation  
was very helpful.

Recognising and relating  
to burnout. I too suffer  
with PTSD and I can  
identify with the first part  
of your framework.-  
recognition. Your  
framework may work for  
me.

Anecdotes

Everything

## See what attendees said...

I really valued the way the information was delivered. The talk was engaging, clear, and very relatable. The examples drawn from real-life experience made complex ideas easy to understand and genuinely meaningful. I could recognise situations from my own work and daily life, which helped me reflect on how I respond to stress and pressure. The balance between humour, honesty, and practical advice kept me fully engaged throughout. It didn't feel theoretical – it felt real, useful, and immediately applicable

Carl is brilliant! Sharing his own experiences was easy to relate to my own personal circumstances. The Capacity/Need/Want toolkit will be really helpful to embed in day-to-day life and, most importantly, in the workplace. It will help me lead conversations with my team, too. Thank you, Carl

It helped me to recognise that I am always in a rush to get all tasks done, as I feel better when they are completed, no matter what the importance of the task and that I need to learn to prioritise the tasks more effectively by looking at want/need.



**CARL JONES**

**Professional Speaker**

*Focusing and helping organisations  
to manage wellness, and helping to develop great  
leadership skills in the workplace*



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