

How to chill without a pill

STEVE Sharpley who helps managers keep on the ball emotionally and physically practices what he preaches.

Steve (pictured below), who lives in Laburnham Road, Maidenhead, and runs Xcell Dynamics Limited shows how learning to develop greater mental understanding, discipline and focus through sport improves performance and crisis management especially redundancy.

"There is no such thing as a stressful situation. Or at least none that is inherently stressful. What makes the situation stressful is our thinking surrounding it and what thoughts we pay attention to," he says.

Very little phases him since finding out how to chill without a pill and he is now hoping to link up and pool information with boffins at Exeter University who are doing applied research on the topic.

He realised the personal benefits when he was made redundant from a job he loved. He didn't experience the "doom and gloom" he had been

expecting and realised that techniques he learned for his psychology degree and masters in change facilitation had swung into action. He now helps others raise their own game.

Steve combined his love of golf and 25 years specialist management and well-being expertise to build a training programme called "Success is a Mind Game – Make Sure You Have A Mind For Success".

Although he doesn't rule out other sports, he prefers to demonstrate techniques with the game he excels at and has been running taster events in Maidenhead lately whilst training bosses of international companies at home and abroad. One event will be the Refer-On business breakfast jamboree at Baylis House, Slough on March 6.

With his preferred sport of golf he shows how even novices benefit from the process needed to hit a golf ball cleanly and execute an excellent golf shot under pressure. They are the same qualities and abilities for improved and accelerated results in management and leadership and home life improvements.

His skills in team, leadership, coaching and stress programmes prepare people for a shift in thinking and said:

"As we learn to recognise thoughts and how they are often sources from our historical insecurities and fears, and how they take us away from being fully present in the moment, we learn the source of inner peace and clarity of thinking.

"We find escape from stress, because we no longer have an out of control whirlwind of thinking going on in our heads, except when we want to, plus this then also allows more of our natural wisdom, creativity, ability to accept and work with people, and common sense to come out with the corresponding jump in results."

Further details about the process can be found at www.xcelldynamics.co.uk

