

# SARAH HOPWOOD FPSA

*BUSINESS TRANSITION SPEAKER & MC*

LEADING WORKSHOPS SEMINARS, & BREAKOUT SESSIONS

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SARAH WORKS WITH ORGANISATIONS WISHING TO  
HARNESS THE POWER OF EQ IN DEVELOPING THE  
POTENTIAL OF THEIR LEADERS

‘EQ’ (emotional intelligence) is about managing the relationship we have with ourselves and others. In business leadership ‘IQ’ is well established. The significance of ‘EQ’ (*Emotional Quotient*) is also a key component of both great leadership and sustainable business results, yet not as well recognised in many organisations. “I love working alongside solution-focused business owners, professionals & entrepreneurial thinkers as they and senior staff achieve their full potential by linking **IQ to EQ.**”

## Why business listens...

*Robert Egli,*

*MD - Head of Region North Europe*

*Buhler Group Ltd*

“Thank you for another electrifying session, I’ve had very positive feedback.

I’m also pleased to let you know that the coaching sessions have made a permanent impact and has also given a lot of positive energy enabling the team to go through the changes and how we continue to communicate.”

**Business Transition  
Speaker**

Host and MC for Events  
and Award Ceremonies

Keynote Speaker

Motivational Speaker

Take-away Resources

Entertaining & Engaging

Results Driven

Solution Focused

**Business Sense**

*& Emotional Intelligence*

*...communicating your way to success*

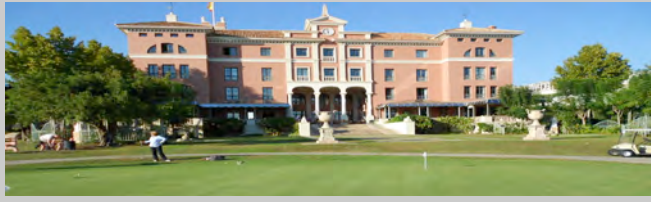




## Business Consultant & International Speaker

### Venues include:

BBC, Excel, CIMA, Prestigious Golf Clubs/Hotels & Pinewood Studios



Sarah's clients include:

BBC, TTA.TV, DMH Stallard, Carpenter Box, Central Surrey Health, Southern Rail, AVS Fencing, Accountex, Lewes Prison, Begbies Traynor, City College, Brighton Grand Hotel, HSBC, RBS, Newsquest, ALC Global Health, Advent IT, Buhler Group, Gatwick Diamond Business, Fred Olsen, CIMA, Argus, NLH, West Sussex County Council, Wave Leisure, UHY Hacker Young, Burt Brill & Cardens, KC Controls, Tesco, RLF, Pasante Healthcare, Hays Recruit., Hotel Du Vin, NCP, Red Anywhere, Woolley Bevis Diplock, Landlord Investment Show, Bennett Griffin, Knill James, Brighton Sealife Centre, Sussex Enterprise, Caldotec, E&S Heating & Ventilation, Sussex & Brighton Uni., Brighton College.

**Coaching, Training, Facilitation, Mentoring.**

**Workshops, Mediation, On-line Training.**

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### BUSINESS TRANSITION EQ DELIVERY BESPOKE, TOPICS BELOW:

'Speak more, earn more'

'Leadership is for Everyone'

'How to unpack, navigate & manage  
change'

'Negotiation & Influencing Skills'

'Stand up, Stand out!'

'Change your belief about a person,  
habit, yourself or situation'

'Moderate to Magnificent'  
(Team Performance)

'Driving the change you want'  
(Business Culture)

'Delivering Service Excellence'

'How to stop sabotaging yourself'  
(Conflict Resolution & Mediation)

Social Media platforms:

