



'A neuroscience explanation of stress and how can we accommodate it.'

Guest Speaker: Denis Healy, Pepworldwide

5.30pm Wednesday 22nd July 2015

Allens, Level 28, Deutsche Bank Place, 126 Phillip Street (cnr Hunter), Sydney

The job of a lawyer can at times be incredibly stressful and demanding, let alone when combined with the added stress of juggling home and family responsibilities. By understanding the neuroscience of stress, you can improve your ability to manage that stress and ensure that you perform at your peak. This session will explain the neuroscience of stress and outline suggested methods of accommodating stress in our busy lives.

Denis Healy (pictured). Over the past 20 years Denis has provided behaviour coaching to a wide group of senior executives including Federal Cabinet Ministers, Chairmen and CEOs of publicly listed organisations, Partners and Managing Partners of the big four accounting firms, Secretaries and Deputy Secretaries within both State and Federal public service organisations. Denis has over 5000 hours of "one on one" improvement sessions with senior executives, and in 1991, established his own consultancy practice, Pepworldwide.

Denis holds a Bachelor of Arts (Psychology Major), a Graduate Diploma (Counselling and Applied Psychotherapy) and a Masters (Counselling and Psychotherapy), is a Fellow of the Australian Human Resources Institute, the Australian Institute of Management, and a member of the Counsellors and Psychotherapists Association, the Psychotherapists and Counsellors Federation of Australia and the International Cultic Studies Association.

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