



corporate stress management
gaeldrum.com.au

Gael Drum

Corporate stress management
Creating a healthy work/life balance
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Gael Drum specialises in stress management and creating a healthy work/life balance. She is the author of the book 'Beyond Burnout to Balance' and has created 'A Beautifully Guided relaxation and meditation' CD series.

As a small business owner with over 15 years in the workforce Gael has employed many staff, and as a working mother with four children, knows first-hand the disadvantages of bringing work issues home and in turn, home/life issues to work. She understands the financial strain that stressed employers and employees cause a business.

In simple terms stress makes people angry, sick and discontented and this is debilitating to any business.

Gael formed 'Gael Drum Corporate Stress Management' in 2000 and her passion is to inform and provide business owners and employees with the knowledge and proven stress management techniques that will allow them to cope with life's stresses in a healthy way, enabling them to work happier, healthier and more productively.

Gael is a sought after keynote speaker whose presentations are real, inspirational and often amusing. Her business acumen, combined with her experience as a mind development therapist, ensures participants are informed and equipped with the knowledge and skills required to make positive and immediate changes.

And the results she achieves are evident.

"We recently held a workshop titled 'Practical Professionalism'. We aimed at having a mix of the 'heavy stuff' balanced with a more personal, but nonetheless important session, focused on helping us survive the stresses of today's working world.

Gael's talk did that well. She was friendly, humorous, clear and spoke with real conviction from personal experience. She gave us suggested strategies and solutions to give us some 'tools in the toolbox'. She made available CD's and written material that could be purchased by any who chose to take it further.

Gael's vision was one we could all relate to and her inclusion in our programme was well received by the participants."

Brenda Mitchell
Practice Management Professional Development Committee
Mid North Coast Division of General Practice

Gael is available for speaking engagements nationally.