

Ches Moulton

DHP CHt CSH CSMC

Certified Stress Management Consultant

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SUMMARY OF EXPERIENCE

I have over twenty five years of experience in the design, development and delivery of occupational mental health risk management and training programs. In addition to my work in the UK, I have worked for private and public sector organisations in Canada, the Caribbean, Africa and the Middle East.

My work involves benchmarking employers' mental health risk management performance against relevant legislative and good practice standards. I also work with employers to develop strategic plans to assist them in achieving those standards. In addition, I provide individual support to workers suffering mental ill health issues in an occupational context in order to help them remain in work or return to work following absence.

I am able to assist in legal cases involving stress related occupational ill health by identifying the standards that employers should achieve in relation to occupational ill health and commenting on the extent to which those standards were achieved. I can also advise on the effects that occupational stress management strategies (or their absence) have at an individual level.

PROFESSIONAL QUALIFICATIONS

- Certified Stress Management Consultant
- Certificate in Sports Hypnosis and Psychotherapy
- Certified Clinical Hypnotherapist
- Diploma in Hypnotherapy and Psychotherapy

PROFESSIONAL MEMBERSHIPS

- International Association of Counsellors and Therapists
- International Medical and Dental Hypnotherapy Association

EMPLOYMENT HISTORY

2021 – Date Pragma and Associates Ltd

Consultant

Provision of expert advice and evidence in relation to legal proceedings involving allegations of ill health related to occupational stress.

Provision of consultancy services to support organisations including occupational stress management and individual counselling to employees.

2011 - date The Stress Master Ltd

Managing Director

Responsible for the design, development and delivery of stress management programmes for international private clients and organisations in the banking, financial services, construction, legal, healthcare, and media sectors of their respective economies. Developing strategic plans related to goal setting and implementation, removing barriers to personal growth, providing insight and direction to help individuals and businesses improve their performance, productivity, and profit.

2000- 2011 Advocate Publishers (2000) Inc.

Executive Coach

Offering coaching and specialist operational support to the Chairman and Publisher of Barbados' oldest daily newspaper (The Barbados Advocate). Contributing to the shift in mindset and approach to corporate efficiencies and tasks of C-Suite and senior managers within the company resulting in an increase in market penetration and the re-emergence of the newspaper as the journal of record in Barbados. Development and implementation of company policies related to staff training and development.

2009 - 2011 Invest Barbados

Investment Executive

Representative in the North American region with a focus on the USA. Authored a report on Outbound Foreign Direct Investment from USA. Represented Barbados Maritime Ships Registry business to the world at large. Represented Government of Barbados at meetings and conferences in Europe and North America.

2004 - 2005 Caribbean Credit Bureau Limited

Deputy Chief Executive Officer and Executive Coach

Recruited to lead turnaround of underperforming sales and account management operations. Spearheaded business growth and change initiatives that revitalised and jump-started a stagnant company. Directed a small team of administrative support staff while rebuilding leadership team and advising on the reallocation of resources that produced almost immediate gains in operational efficiencies and financial performance. Established, developed and supervised two credit bureaus within the Organisation of Eastern Caribbean States (OECS) St. Lucia and Commonwealth of Dominica including the recruitment and training of sales and administrative personnel.

1994 - 2000 Self-Employed

Executive Trainer and Life Coach

Engaged in various projects concurrently, comprising of sales training, lay counselling and coaching.