
Stress Management in the Workplace

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MEASURED RESULTS

97% follow through on important work and personal objectives

94% are still using the tools after 2 months

91% continue to be more productive at work(Average reported productivity increase is 24%)

99% recommend expanding the program to others

The Stress Management in the Workplace training program delivers trademarked stress management tools that are unmatched in the measured results they will produce for you and your organization.

Stress management in the workplace requires more than helpful tips. We're pulled in multiple directions. The line between work and personal life is blurred. As a result, the consequences of stress in the workplace come from what is happening to each of us both on and off the job.

Through highly interactive learning, participants apply these stress management training tools to getting more of what's important to them done in less time. Organizational skills are improved so that less things "fall through the cracks."

A Big Picture view is instilled that helps keep all stresses in perspective. Applications have immediate positive impact on stress levels both on and off the job.

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