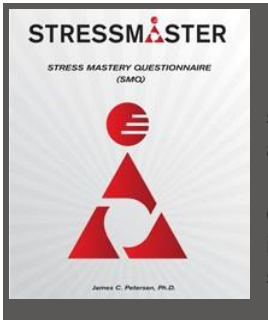




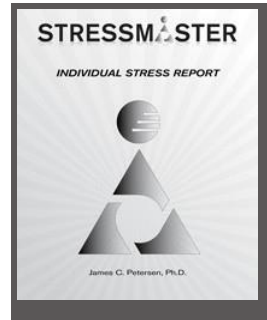
A TOTAL PROGRAM TO... HELP YOUR EMPLOYEES MASTER STRESS

THE STRESS MASTERY PROGRAM



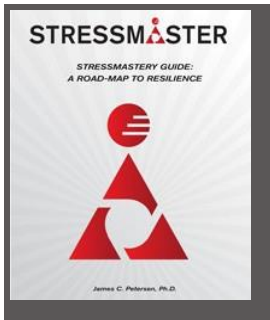
STRESS RISK ASSESSMENT

The first step in learning to master stress is to identify the behaviors and attitudes that need changing. The **Stress Mastery Questionnaire (SMQ)** does this by providing valid and useful information on 11 unique stress risk scales.



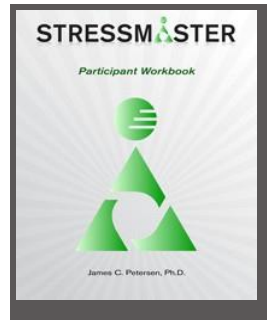
STRESS REPORTS

Next, after completing the SMQ, your employees will receive immediate feedback in the form of a **Stress Profile** that shows how they did on the SMQ. In addition, a Detailed **Stress Report** is provided to each employee



STRESS MASTERY GUIDE

Each employee receives a copy of the 48 page **Stressmastery Guide: A Road Map to Resilience**. The Guide provides detailed information about What to Know and Do about high levels of stress. The Guide can be used alone, or as part of a stress training or coaching program.



PARTICIPANT WORKBOOK

Employees receive a copy of the **Participant Workbook**; a way to record important concepts and ideas being presented or discussed. Each scale's questions are shown with a place to write in reflections on the meaning and what one might want to do to build stress resilience.



WEBINARS

To enhance the learning process, each employee may participate in the **Mastering Stress Webinar**. The Webinar takes one through the SMQ, Profile, Report and Guide. The result is a better understanding of one's stress response and what to do about it.



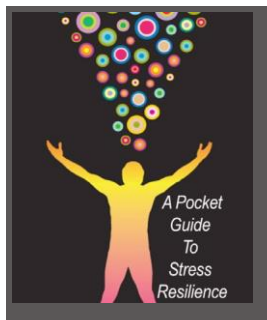
TRAINING WORKSHOPS

Employees may participate in a workshop on **How to Master Stress**. Conducted by Stressmaster professionals, the workshop builds on the results of the SMQ and uses the Guide and other training approaches to teach ways to reduce stress and build stress mastery.



STRESS COACHING

Participants are assigned a Stressmaster Coach who will follow up by phone to support progress. Our Stressmaster Coaches are experienced in helping people make the necessary cognitive, attitudinal and behavioral changes that can ensure long term success.



ONGOING MOTIVATION

Keeping employees on track to maintain their stress mastery skills is accomplished through "motivational" messages communicated through weekly motivational emails, stress mastery savers, optional stress mastery pocket & desk guide and posters.

CONTACT US FOR MORE INFORMATION

(818) 983-1853

ellen@heartcenteredprograms.com

STRESS MASTERY PROGRAM OPTIONS

MASTERING STRESS OPTION 1

Option 1 provides your employees with a basic understanding of the nature stress, how stress affects the body and health, a clear awareness of key their stress warning signs and how to use the most effective ways to reduce and master stress. Each employee will receive the following:

- *Stress Mastery Questionnaire (SMQ) - Taken online*
- *Stress Risk Profile - 1 page summary on 11 stress risk scales*
- *Stress Report - 3 page detailed report -*
- *Stressmastery Guide: A Roadmap to Resilience - 42 page Self-Study Guide*

MASTERING STRESS OPTION 2

Option 2 provides employees with a deeper understanding of the nature stress, how stress affects the body and health, a clear awareness of key stress warning signs and how to use the most effective ways to reduce and master stress. In addition, each employee will have access to the webinar on **How to Interpret Your SMQ Results**. Each employee will receive the following:

- *Online Stress Mastery Questionnaire (SMQ)*
- *Stress Risk Profile - 1 page summary*
- *Stress Report - 3 page detailed report*
- *Stressmastery Guide: A Roadmap to Resilience - 42 page Guide to resilience*
- *Webinar: How to Interpret Your SMQ Results*
- *Bi-Weekly Stress Mastery Motivational E-mails 12 months*

MASTERING STRESS OPTION 3

Option 3 provides employees with a deeper understanding of the nature stress, how stress affects the body and health, a clear awareness of key stress warning signs and how to use the most effective ways to reduce and master stress. In addition, each employee will have access to the webinar on **“How to Interpret Your SMQ Results”** and **“How to Master Stress”**. Each employee will receive the following:

- *Online Stress Mastery Questionnaire (SMQ)*
- *Stress Risk Profile - 1 page summary*
- *Stress Report - 3 page detailed report*
- *Stressmastery Guide: A Roadmap to Resilience - 42 page Guide to resilience*
- *Webinar: How to Interpret Your SMQ Results*
- *Webinar: How to Master Stress*
- *Access to Stress Reduction Audios on Deep Breathing and other techniques*
- *Weekly Stress Mastery Motivational E-mails - 12 months*

ADDITIONAL OPTIONS - Contact Us For a Proposal

- Stress Master Workshops, Seminars and Lunch and Learns
- Stress Mastery Motivational Posters
- Stress Mastery Desk and Pocket Guides
- Personal Stress Coaching - Zoom/Skype Session
- Corporate Consulting to Design a Wellness Program.