

Cut the Hidden Costs of Workplace Stress by Teaching Executives and Employees How to Positively Leverage Stress



Problem

Stress overload costs companies dearly. In America, it's estimated to be a \$300 billion a year profit killer. Stress overload results in one million absent American workers each day. Stress costs mistakes and accidents, increases in alcoholism and drug use, workplace violence and harassment, lawsuits, declining productivity and burnout, low morale and lost employees.

If leading organizations follow best practices regarding management, sales, marketing and other key areas of business operations, it also makes good sense to incorporate best practices in reducing workplace stress. Now is the time to take action on the human resources damage and financial costs of workplace stress overload.

Solution

Stress isn't going away. Employees don't expect it to. However, they do want to learn how to manage stressful feelings in a world of rapid change and uncertainty. Our *Stress Finesse* program teaches the latest real-time methods to handle stress. Distress can change to eustress which is positive, motivating stress. All of this results in better employee well-being, morale and a stronger bottom line for your organization.

Program's Purpose

- Focuses on workplace stress overload prevention
- Gives people cutting-edge tools they can use on the job for stress
- Indirectly reduces the impact of the soft costs of stress on the bottom line: absenteeism, disability, employee assistance programs, productivity and turnover
- Protects your training investment by following up with participants to ensure they not only learn the methods, but also put them into practice

Value to the Organization

- Incorporates best practices to reduce workplace stress
- Reducing stress has a strong positive impact on the bottom line and helps achieve long-term success

Participants Learn

- Specific, leading-edge methods for preventing and reducing stress overload
- How to get unstuck from stressful situations and move to a state of eustress which is good stress
- How to feel more in control of their work and environment
- How to erase negative emotions with colleagues

Why This Training is Different

- Most training takes too much time for today's busy workplace. This is a three hour seminar.
- Too much training is simply a core dump of information that overloads participants. Learning is temporary.
- Training needs to be simple, memorable and clearly convey value
- With most training, there's no follow-

up to ensure the participants learned, and are practicing what they learned

- This is more than training. It's a complete program.

Program Length & Format

- Concentrated three hour seminar
- Designed for small groups of 10-20
- Experiential learning
- 50% educational, 50% hand-on practicing and doing

Participants Receive

- 24 page learning guide
- 336 page paperback book
- 28 page fun learning, super hero full-color comic book
- 24/7 access to self-paced learning through online tutorials and quizzes
- Wallet size stress release card
- Wallet size stress tips help card
- 60 day follow-up with tips and ideas sent via e-mails and postal mail
- Optional 30 or 60 minute individual telephone stress releasing sessions



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