

Empower staff

... with an effective, science-based stress management program

Change life and business for the better. Decrease absenteeism, medical claims, human error and more...

Why

Stress is the cause of 60% of all human illness and disease. It increases the risk of heart disease by 40% and strokes by 50% and costs American businesses \$300 billion per year according to the World Health Organization.

What

Negative stress needs management. Eustress, which is the good stress that keeps us motivated and on our toes, needs no management. Negative stress, however, adversely affects health, happiness, relationships and work.

How

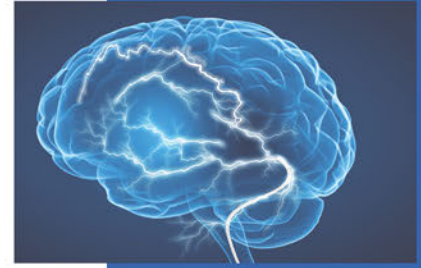
We can't stop stress from happening, but we can teach you the right tools to manage it differently. Our program helps develop new neural connections so individuals can manage stress in a systematic manner. In only 30-days, with just 4 one-hour, trainer-guided classes, this program proves itself over and over.

Where

Convenient classes on-line, on-site or a combination of both.

Gains

Job performance improves. Resilience improves. Health, relationships, creativity and safety can all improve while good humor and a healthy sense of control return.



Improve performance,
gain resilience.

It's a science based solution that "upgrades" our minds so we can handle negative stress effectively.

www.StressLessWorkshops.com

On-line programs are only \$199 per person. On-site combined with on-line programs for organizations, management teams or C-Suites are quoted in advance and customized to each client.



Facilitators of the TTI Stress Quotient™ Survey

TTI SUCCESS INSIGHTS®

For additional info:

SensibleHelp@StressLessWorkshops.com

A sensible solution that works.



RITEMIND
Stress ▶ Less
WORKSHOPS

CORPORATE, C-SUITE &
INDIVIDUAL PROGRAMS

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