



# Are your Employees *Just Coping?* Give Them the Tools to Thrive!

**"Resilience & Thriving: The Secret Power of Stress" is the interactive workshop your team needs!**

#### IT'S EASY.

This new training provides *easy-to-use* and *practical skills* for identifying and reducing stress at home and work.

#### IT'S POSITIVE.

In addition, participants learn how to use stress as a *positive resource* for resilience and thriving.

#### IT'S WIDELY USED.

"Resilience & Thriving" has been used in many industries and achieved positive outcomes.

#### IT'S EVIDENCE-BASED.

The course has been used in several evidence-based programs

#### IT'S ADAPTABLE.

The course is best delivered as a 60- to 90-minute workshop but is modular and expandable, so it can be adjusted.

## BENEFITS

- In studies using the training, participants were found to have reduced stress 12 months after the training (compared to a control group)
- These same participants also reported less counterproductive behavior amongst their work peers (e.g., rudeness, harassment)
- In a study with over 10 different trainers in a variety of settings, pre- to post-training improvements showed:
  - Increased confidence in one's ability to keep stress from negatively effecting *work performance*
  - Increased ability to recognize unhealthy coping habits and *correct these habits*
  - Increased confidence in being able to *effectively evaluate* and address stressors in one's life
  - Increased recognition of internal resources (healthy habits) to keep stress from building up
- Because the training is often conducted with coworkers, other benefits include increased teamwork and better understanding and compassions amongst coworkers

## FEATURES

- Aligns with and promotes current resources (employee assistance, wellness, local resources)
- Can be adapted for supervisors and managers
- Reviews both effective and ineffective coping strategies
- Identifies early and later warning signs of poor coping and ways to address or get help
- Offers tools for making stress a personal ally
- Explains how resilience and thriving work across 6 dimensions of wellness (physical, emotional, spiritual, occupational, social, and intellectual)
- Provides easy-to-access resources in each of the 6 dimensions
- Distinguishes ways that your team can be resilient and thrive and not only cope with stressful situations
- Includes an 8-page workbook with exercises participants can keep using to:
  - Identify life-style and coping-style strengths
  - Create ongoing goals for addressing stress
  - Learn mind-body tools for adapting a positive mind-set in the face of stress

**Contact Me to Schedule  
a Team Training Session!**

**"Tremendous potential  
to fulfill both personally  
and professionally!"**

**– Janet Masters, Nurse Practitioner**

