



# PLUS

## PERSONAL & PROFESSIONAL LONGEVITY UNDER STRESS

### A PERSONALIZED STRESS MANAGEMENT PROGRAM

**For leaders, managers &, employees**

#### OVERVIEW

A stress management program that balances individual needs and well-being with the performance structures of an organization. All participants will develop an individualized energy management program that increases the available energy to perform important job functions. In addition to demonstrating that the organization is concerned about the well-being of its employees, this program will focus the participants on effective career and lifestyle management strategies.

#### BENEFITS

- Reduced absenteeism due to stress related issues
- Improves performance through effective management of personal energy
- Creates a healthy work environment improving the retention rate of top performers
- Helps to integrate a demanding career into a busy lifestyle
- Focuses the individual on personal and professional growth

#### OUTCOMES

- Learn to identify and recognize sources of stress that effect personal and professional well-being
- Design an individualized stress management program
- Create a balanced lifestyle that allows the allocation of energy to all important commitments
- Develop strategies to maximize roe – return on energy and enhance professional longevity
- Introduce the innovative deli approach: discovery; evaluation; learning; and implementation
- Learn to develop healthy lifestyle habits
- Learn 100 new stress management techniques and strategies

#### PRE COURSE RECOMMENDATIONS

- Complete the Career Directions Profile
- Read PLUS book and complete the “ManagementPro” leadership profile

#### AVAILABLE

- 3 formats: facilitated workshops, train the trainer, e-learning
- Modular design in ½, 1 and 2 day programs

Interested in working with us? Call or email our office. We will mail you a brochure and schedule a free consultation at no cost to you. Call 416-746-0444 Ex.234 and ask for Bob McHardy.

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**PLUS**  
SELECT | DEVELOP | RETAIN | TOP PERFORMERS

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