

STRESSPRO™

TAKE RESPONSIBILITY FOR YOUR HEALTH



The **STRESSPRO™** is an innovative self discovery tool that helps an individual develop and maintain a healthy, productive lifestyle. Our unique approach helps identify lifestyle habits as well as opportunities to improve health and increase satisfaction levels.

STRESSPRO™

- Provides feedback on personal vitality strengths
- Creates an individual action plan to sustain a healthy lifestyle
- Highlights recommendations for balancing personal and professional lifestyle demands
- Suggests strategies and techniques for personal growth
- Maximize Return On Energy (ROE)

The **STRESSPRO™** is a comprehensive component of the first step of the proprietary "D.E.L.I." approach and PLUS (Personal Longevity Under Stress) workshops offered by the Self Management Group.

Self Management Group (SMG) is proud to announce that we are now a Third Party Supporter of the Heart & Stroke Foundation™.

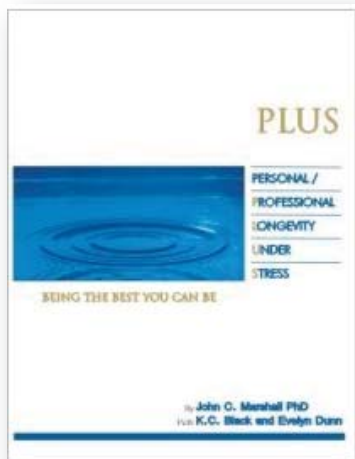
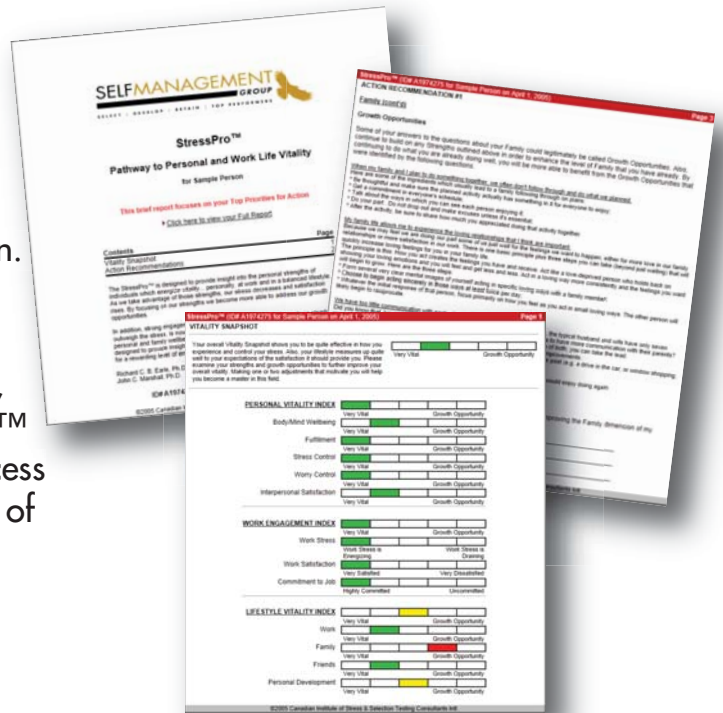
A portion of all sales from our Lifestyle Series will be donated back to the Heart & Stroke Foundation™.

SELFMANAGEMENT
GROUP
SELECT | DEVELOP | RETAIN | TOP PERFORMERS



The **STRESSPRO™** provides a road map for an individual to balance personal and professional commitments by increasing available energy for critical personal, family and professional priorities. The Vitality snapshot highlighted in the written report outlines an action plan to manage existing stress factors and manage satisfaction.

Our research has shown that “burn-out” is a perceived poor return on energy. As a result, the **STRESSPRO™** combined with our **PLUS™** workshops has proven to be an effective process for preventing burn-out and the re-occurrence of any previous stress issues.



SELF MANAGEMENT GROUP

The **Self Management Group** is a world leader in screening, selecting, developing, and retaining top performers. For over 30 years, the **Self Management Group** has partnered with leading companies to develop high performance, self managed organizational cultures.

For more information about the **STRESSPRO™** or our book “Personal and Professional Longevity Under Stress” or our “D.E.L.I.” workshop please visit www.selfmgmt.com or call 416.746.0444.

We are committed to helping increase and sustain both personal and corporate wellness.

For a free demo and complimentary consultation contact:
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