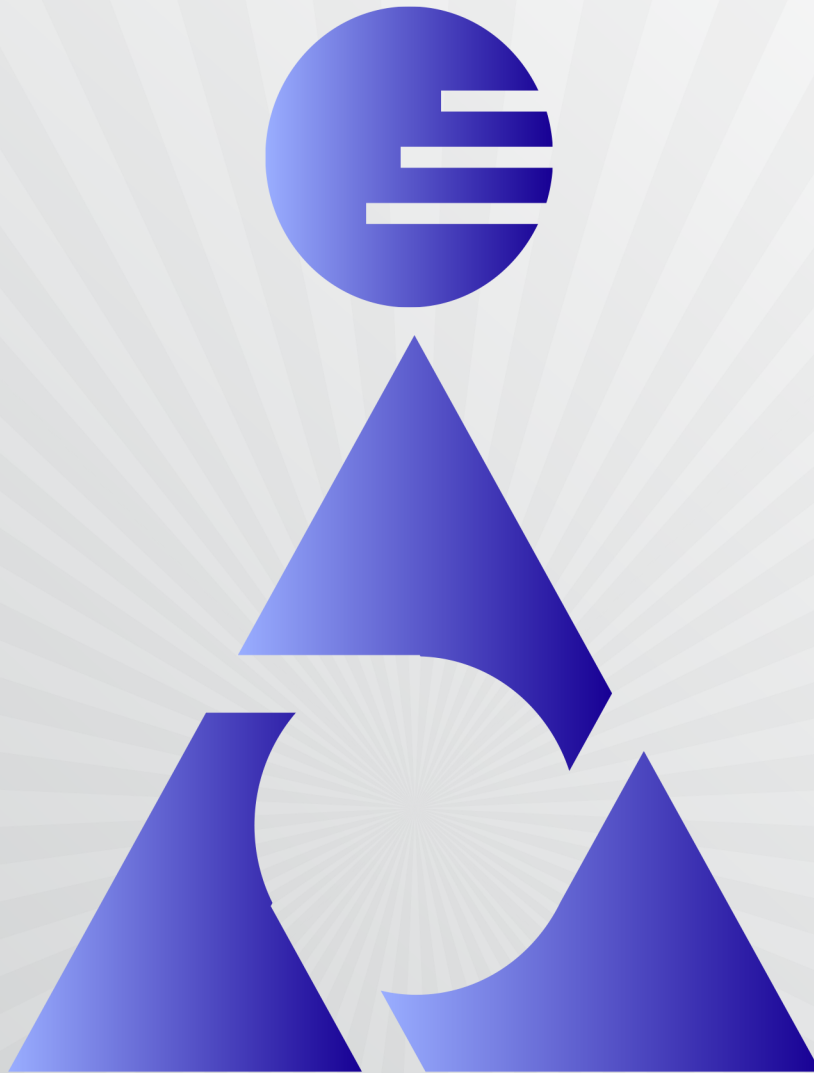


STRESSMASTER

***A COMPLETE SELF-PACED TRAINING PROGRAM ON...
"HOW TO CONDUCT A WORKPLACE STRESS MASTERY WORKSHOP"***

A Virtual Train-the-Trainer Program



James C. Petersen, Ph.D.

***A COMPLETE SELF-PACED TRAINING PROGRAM ON...
“HOW TO CONDUCT A WORKPLACE STRESS MASTERY WORKSHOP”***



Stressmaster International, with over 30 years experience providing stress mastery training, assessments and coaching with large multi-nationals companies, government agencies and local small and medium size businesses, has created a comprehensive set of training and development tools, techniques and protocols to give your team the knowledge and confidence to design and implement a solid and effective ***Workplace Stress Mastery Workshop, Seminar or Coaching.***

The Stress Mastery Program begins with a valid stress risk assessment of each workshop participant using the widely accepted **Stress Mastery Questionnaire (SMQ)** developed by Dr. James Petersen. The SMQ is a fully validated stress assessment protocol created through standard psychometric test development and research (NIOSH, 1982). Based on the results of the SMQ, participants discover how stress may be affecting them on 11 scientifically developed scales and, then, are guided through a personal development program using the training program materials provided.

We provide your trainers with the workshop training tools needed to conduct an effective stress mastery program, including access codes and Internet links to take the on-line SMQ, a 3-hour training video on the essential elements of a successful Stress Mastery Workshop, along with professionally designed PowerPoints and PDF supporting the video learning experience.

WORKPLACE STRESS MASTERY PROGRAM TRAINING MATERIALS

STRESS
MASTERY



Everything a trainer needs to conduct an effective “Stress Mastery Program” is in this package of program development training and development materials! There are 4 main tracks provided on how to create or improve any stress management workshop. Our training materials are proven effective and will enable a trainer to conduct an effective and meaningful workplace stress management (mastery) training workshop with ease. Stressmaster's training materials are based on 30+ years of successful workplace stress mastery training, coaching and consulting and is the backbone for a successful Stress Mastery Workshop. The [Stress Mastery Program](#) includes a link to take the SMQ and 25 **Stress Mastery Questionnaire (SMQ)** access codes. In addition, at the workshop each participant receives their confidential Personal Stress Profile and Stress Report. During the workshop, participants use the **“Stress Mastery Guide: A Roadmap to Resilience”** and the **“Stress Mastery Workbook”** to plot a path for change. The following are the workshop training materials provided . . .

#1 - TRAINING VIDEO

The **Stress Mastery Training Video** is a recording of a live, interactive webinar recently conducted by Dr. James Petersen with 13 experienced trainers and coaches. In the video, Dr. Petersen shows step-by-step how to use his Stress Mastery Program in a workshop or seminar and showcases the tools and techniques to use when conducting a Workplace Stress Mastery Workshop using the [Stress Mastery Program](#) as a foundation. A link will be provided to download the video by the end of September, as it is currently in production. Here are what the Webinar Participants said . . .



#2 -WEBINAR POWERPOINTS

Nine PowerPoints used by Dr. Petersen in the webinar on **“How to Conduct an Effective Stress Mastery Workshop”** are provided. Trainers should view the Webinar PowerPoints in conjunction with the Workshop PowerPoints below to gain a deeper understanding of how to implement an effective workshop. These PowerPoints will help trainers learn the nuances, approaches and techniques used by Stressmaster International and Associates to help employees reduce, manage and master stress. Using a step-by-step approach, trainers learn how to plan for, design and conduct an effective Stress Mastery Workshop.

#3 - WORKSHOP POWERPOINTS

The **Stress Mastery Program** consists of 13 modules that can be used separately or combined; each module has a set of PowerPoints associated with it. These PowerPoints are professionally developed with new and expanded content and graphics to make a presentation smooth and engaging. All PPTs may be modified to reflect the company, culture and special needs of the company or organization.

STRESS MASTERY WORKSHOP POWERPOINTS

- #1 Introduction:** Shows how to supercharge the participants and get them going in the right direction
- #2 What is Stress:** Helps one gain a deeper understanding of stress and why it's important to master it
- #3 SMQ - Overview:** As the [SMQ](#) is the heart of a workshop, this PPT provides an “top-down” look at the SMQ
- #4 SMQ - Stress Effects:** Presents a case for understanding the power of stress on emotions and wellbeing
- #5 SMQ - Stress Warning Signs:** Helps one recognize their stress warning signs to help take action to defeat
- #6 SMQ - Stressors:** Focuses on the importance of knowing their stress “triggers” and what to do to change
- #7 Master Stress-Intro:** Provides an overview of the 4 key strategies for mastering stress
- #8 Master Stress-Reduce Stress:** Details the many ways to bring stress levels down for optimum functioning
- #9 Master Stress-Change Thoughts:** Covers how to change stress by changing thinking and perceptions
- #10 Master Stress-Change Stressors:** Presents the importance of knowing if a stressor can or can't be change
- #11 Master Stress-Controlling Self:** Illustrates the power of removing oneself from a stressor mentally or physically
- #12 Master Stress-Seeking Help:** Covers the importance of seeking guidance from others as a strategy
- #13 Commitment for Change:** Enables the participant to complete the “Commitment for Change” Form.



#4 - COACHING



Trainers with questions or who want to brainstorm ideas for a seminar, workshop or retreat can receive up to 1-hr of coaching at no additional cost with Dr. Jim Petersen. Just ask and we will set up coaching session via Skype or Zoom. Coaching may cover any topic related to how to design and conduct a stress mastery workshop, including how to market and sell a workshop either internally to employees or externally to other companies and organizations. In the latter case, a special program is available to help in the creation of a [Marketing Plan](#).

SPECIAL CORPORATE OFFER

CLICK TO ORDER!

3-hr Workshop Training Video
13 Workshop PowerPoints
9 Webinar PowerPoints
Trainer Coaching - 1 hour

\$495 -> ORDER

UPON PAYMENT WE WILL EMAIL A CONFIRMATION AND PROCEED TO PROCESS YOUR ORDER