

STRESSMASTER[®]

INTERNATIONAL

DON'T TAKE OUR WORD FOR IT!
TAKE THEIR'S . . .

REAL PEOPLE. REAL TESTIMONIES



What They Are Saying. . .

Dear Stress Mastery Questionnaire Team,

I am delighted to provide a positive review of the Stress Mastery Questionnaire (SMQ) on behalf of The American Institute of Stress (AIS). The SMQ has proven to be an invaluable tool in our mission to help individuals better understand and manage stress. It is not only a scientifically validated psychometric test, but it also excels in offering profound insights into how stress affects one's life.

The SMQ's ability to shed light on stress in three key areas is particularly commendable. It pinpoints Stress Warning Signs, encompassing elements like hostility/anger, time urgency, perfectionism, disappointment, burnout, under-achievement, and tension, providing individuals with a comprehensive view of their stress triggers. Moreover, it delves into Stress Effects Areas, covering both physical stress effects and life/work satisfaction, allowing for a holistic assessment of stress's impact. Lastly, the SMQ delves into Stressors Areas, examining life events and hassles that contribute to stress, which is crucial for addressing the root causes.

The collaboration between AIS and the SMQ has been incredibly productive, and we have seen positive outcomes as a result. The SMQ aligns seamlessly with our commitment to stress management and provides a valuable resource for individuals seeking to enhance their well-being. We are grateful for this partnership and look forward to continued success in our shared mission to help people master stress.

Sincerely,

*William C. Heckman, MS, DAIS
Executive Director
The American Institute of Stress*



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Dear Jim,

I am happy to let you know that our **[Stress Mastery] workshop went spectacularly well** - people appreciated it a lot and individual [Stress Mastery] Reports were of a great value for them. I am attaching one of them, as an example. I feel now **we are ready start more advanced marketing** - Kinga who works in HR suggested she will write a post about the workshop and the SMQ on LinkedIn, and both her and Joanna (her boss) declared they will happily recommend us to other HR people in various organizations [in Poland]. I am in contact with our clients and „to-be clients” in area of stress and I have high hopes for this. Kind Regards,

Michał K

Licensed Stressmaster Associate - Poland

Hi Jim,

I had the first coaching session with my client post SMQ today. It went well and it was interesting that **the results directly related to what the client shared** at her first (previous) session (childhood/family history). The client found the SMQ exercise useful and can see the links across childhood, stress, physical health, career, sense of self.

Jane D.

Licensed Stressmaster Associate - UK

Having scoured the internet for over 10 years, we have found your stress “risk” assessment tool, called the Stress Mastery Questionnaire (SMQ), to be the **best tool** for the programs we do with our corporate clients. Thank you for working with us and our clients, as Stressmaster and your Stress Mastery Questionnaire will remain as an **integral part of our program going forward**.

Licensed Stressmaster Associate

Susan R. (Senior Leadership Coach)

Everyone I have had taken the SMQ has found the information both interesting and illuminating and it definitely is a **wonderful tool** to facilitate coaching conversations around stress on a variety of levels.

Licensed Stressmaster Associate – SP

James is the best. **SMQ is a brilliant** product with great outcomes.

S.H. Stressmaster Associate – Australia

Hey Jim,

Thank you so much for the check in. I did a 90-minute stress relief session with [my client] and it **went much better than I expected!** Thank you.

Licensed Stressmaster Associate-LB

I love using the Stressmaster program in this coaching that's making such a **profound difference!**

MB – Stressmaster Associate

Hey Jim

[My Stress Mastery Workshop], went great! The **feedback on the day of was positive** and the participants were asking questions and **planning actionable steps for change**.

JB-Licensed Stressmaster Associate

I would **highly recommend** the use of the Stress Mastery Questionnaire (SMQ) assessment, for the following reasons:

- Support and back-up – **Jim is excellent in terms of journey-**managing us through the process, instrument and support information, and he is constantly linking us with possible opportunities;
- The instrument has an international **proven track-record**, and provides information that not only measures stress, but links it to possible sources, and hence helps the [people] to understand the various causalities of their stress. Makes it possible to break it down into bite-size chinks and disseminate;
- The availability of **training material linked to the actual assessments**, providing a Forti genetic approach to stress an overcoming the negative short-and-long term impacts, i.e., the name Stress Mastery.

CDP – Licensed Stressmaster Associate – South Africa

Jim,

Thank you so much for your kind words and **unwavering support**. It's an **honor to be part of the Stressmaster International Associate network** and to collaborate with someone as inspiring as you. Your guidance and encouragement have been instrumental as we continue to expand the Zenithia program. Together, we're making a real difference.

Tarek A.

Licensed Stressmaster Associate-Lebanon & MENA

Dear Dr. Petersen,

Following is a summary of the participant (60+ Senior Partners at a KPMG) evaluations you received as an instructor for our recent session of Managing Stress, held in Houston. This was one of the **most valuable investments** we have made available for our employees.

Senior Partner (KPMG)

Participant Evaluations (n = 60+)

<i>Prepared</i>	<i>4.50</i>
<i>Clarity of Information</i>	<i>4.21</i>
<i>Instructor Knowledge</i>	<i>4.71</i>
<i>Interest in Student Success</i>	<i>4.43</i>
<i>Response to questions</i>	<i>4.29</i>
<i>Desire for more</i>	<i>4.21</i>



Hi,

I love using the stress assessment [Stress Mastery Questionnaire] tool you have created. It is such a **great tool** identifying high risk areas and helping people manage them.

T. V. Stressmaster Associate

The **[Stress Mastery] Report** is quite self-explanatory and points out a few areas to focus on! I will need to spend some time with **the Guide and Workbook**. I sincerely appreciate the time you...took to share the **valuable pointers** with all of us.

S.S. Large Service Travel Company

I found the stress mastery report to be **extremely insightful**. Thank you.

C.J. MBA – HR Professional

Thank you for sending me the information about how to use the SMQ in coaching. I reviewed the materials and watched the videos. I really like the slide that talks about the 5 steps of the stress mastery program. I found this **very helpful** as a way to break down the SMQ and use it for coaching. I made some notes and an outline. I am going to work on this over the weekend.

N.G. Stressmaster Associate

We took the Stressmaster Module on the road to our Recruiters all over the Mid-west and Atlantic. We [had] a very **powerful impact** and helped many realize they were more stressed than they need to be and are impacting others more than they thought. [The SMQ] has been great to empower others to **take back the control** of themselves through positive thinking. It has also helped me refocus at a time when I could really let the stress take over.

S.C. Speedway, LLc

I thought the event [1/2 Day Stress Mastery Workshop] was **great!** Thanks for all your hard work and for offering to host it here at HonorHealth. Will definitely keep you in mind for any future group opportunities.

Kim G.

HonorHealth Wellness Coordinator

I just completed [my SMQ]! Very interesting questions, I liked how **inclusive** they were about multiple aspects of life. I am curious to see the detailed report. Warmly,

L. M., Ed.M.

Senior Manager for a Medical Non-profit

Thanks, so much for getting back to me with follow-up and info. I've gone over all your printed materials and...I **love the SMQ** and immediately [can] see how it could be a very useful tool in my coaching/consulting practice.

Todd G. - Minister and Counselor

I am enjoying using the SMQ tool. It is a **nice fit** with the work I am going. Thank you.

Lisa P. - Licensed Stressmaster Associate

I have just reviewed the updated **Stress Mastery Guide and Workbook**. I love it!

- I really like the Stress Mastery Guide and the workbook being combined together.
- I like how the importance of mastering stress is used (being a stress master) very empowering. (Especially for someone/client who is stressed) I think this gives encouragement.
- I like page 16 - Stress warning signs
- I like how **everything ties together** with the exercises and action plan near the end for the next steps to make changes.
- I really like how there are exercises on anger, perfectionism, time-urgency scales, etc.
- The action plan is a great practical approach to make the necessary changes.
- I really like the resources section at the back of the book. Super helpful!
- I really like the integration of the workbook and guide together. Everything is together and less is more as they say!

Natalie G. - Licensed Stressmaster Associate

"I am **always so grateful for you and Ruvi** helping our [Executive Physical] program and working with our executives [with the Stress Mastery Program]. Thank you.

Amanda H. - WellcomeMD.com

Regarding the experience with Arab Bank, I conducted a general Stress Mastery Session and introduction about stress. Afterwards, an activity was implemented about how we deal with stress. Then, I distributed their reports to them and grouped them up into highest scores to discuss steps to take. It was personal. Then groups shared their findings. I reflected some knowledge after that from the Stress Master Guide. Then I shared with them their overall groups result and we did some reading into that. In all, **it was fab**. Thanks for your support.

Rand H. Managing Partner - Licensed Stressmaster Associate - Jordan

Dr. James Petersen developed an assessment called Stress Mastery Questionnaire (SMQ). We've used it for nearly 18 years. I **love working [the SMQ]** and it is easy to train others to deliver it and as it provides such rich data.

Susan .R - Licensed Stressmaster Associate

The [Stress Mastery] program went very well. The class **loved the SMQ**. The remote folks decided to attend next week's workshop. I have another workshop scheduled in the summer.

G. S. -Sharp Training - Stressmaster Associate

The SMQ has been a **great educational tool** ... participants realize that stress is more of an enemy of productivity (professionally and personally) than they had previously believed.

Chris -Trainer Large Convenience Store Chain

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It [the training] was great. Thank you for following up. Now I am scheduling the one-on-one sessions with each to discuss their results individually. They **loved the content** and evaluated the session highly. The [Stress Mastery] Guides are always winners.

Rand H. – Managing Director, Better Business Jordan – Stressmaster Associate

"I told everyone [on the Board of Directors] that I felt the Stress Master [Program] is the **center pin** for the work we want to do.

D.R. Director - A Large Non-Profit Organization

I've been using the SMQ for over the last 14 months and have given it to about 750 people. It has been **extremely useful** in our Stress Management Program and I've received much positive feedback from the Participants.

Paul D. - Training Psychologist for State of Arizona

I have been working with an executive team the last two days providing feedback regarding Stress Master and I am **loving the practicality** and richness of the information. We used it in Namibia for Executive Wellness, and conducted three assessments before meeting the team.

CP

Licensed Stressmaster Associate – South Africa

"The SMQ helped me know myself a lot better. I'm a better manager because of that." These remarks make me feel good about the **effectiveness of the [SMQ]** as we apply it in the Stress Management [Mastery] Program"

Program Participant -State of Arizona-DES

The large number of advisors who turned out for the presentations (by you) and the enthusiastic response to the material presented attests to the excellent job you did! (And)...we heard **nothing but compliments** on the programs being conducted for the advisors."

JTN National Office

Boy Scouts of America-National Office

I think your program is **fantastic** and can benefit pretty much anyone.

Karen H. - Licensed Stressmaster Associate)

I would just like to **recommend the Stress Mastery Questionnaire (SMQ)** as a key organizational tool to help employers to effectively identify and help manage stress within the workplace.

Carlos N - CitiBanamex - Mexico

I think the SMQ has been a **great educational tool** in the fact that participants realize that stress is more of an enemy of productivity (professionally and personally) than they had previously believed.

Chris - Corporate Client - Speedway - 7/11



I've been using the SMQ for over the last 14 months and have given it to about 750 people. It has been **extremely useful** in our Stress Mastery Program and I've received much positive feedback from the Participants.

Paul C. - State of Arizona, DES

Inspired by this message and excited to partner with the promise of Dr. Petersen's organization, I became a Stressmaster Associate. Dr. Petersen is a **wealth of knowledge** on the industry, and his Stress Management Questionnaire (SMQ) is an essential stress risk assessment tool. With it, I am able to better serve my clients, and, thereby, change the world. Dr. Petersen's work is devoted to helping employees in high-stress organizations do more than "cope" with stress. Instead, they are guided to the awareness and tools that allow them to thrive, achieving mastery over stress.

Adam T - Stressmaster Associate

I just took the assessment and I think **it is great!** It was simple, didn't take too long, and easy to understand. I really liked the guide as well, especially the Contract for Change section, as many of the clients we work with have difficulty with follow through.

YN - OTS

The SMQ helped me **know myself a lot better**. I'm a better manager because of that. The (SMQ) guide has helped me change my life.'

Program Participant

I would like to personally thank you for creating a **great stress assessment tool**. As an executive coach, trainer, and team developer, I have searched for a good stress assessment tool for use in our programs. Having scoured the internet for over 10 years, we have found your stress "risk" assessment tool, called the Stress Mastery Questionnaire (SMQ), to be the best tool for the programs we do with our corporate clients.

SR - Large Executive Training Company

Thank you so much for the SMQ. I did it just now and it is **spot on**. It is really good because it shows you in what area of your life you have stress and also how much the stress is.

Earl A (UAE)

I have been reading my "HIGHS" (scores on the (SMQ) and I **thank you for hitting it on the head**. My anger, time urgency, tension highs describe me perfectly. I will be using the info taking it to my group counseling sessions for discussion input.

Betty F. (New Port Richey)

The SMQ is easy to complete and a **good tool for engaging individuals**, raising awareness of stress/stressors and more comprehensive than for example, giving someone a Holmes & Rahe Stress Scale to complete

Martin K. (UK)



I just wanted you to know that you really did a great job with [the SMQ]. **The entire package is brilliant...** I took the SMQ. I am sure that you will not be surprised to know that, I was impressed on first sight.

Lawrence R (Psychologist)

There is a lot of stress and struggle out there. People need our help. I find SMQ to be a wonderful tool to measure and start a conversation that can lead to change. I **love the SMQ** and am planning to use it [again] in the future. Thank you!

TV Stressmaster Associate

Dr. Petersen has developed a comprehensive stress questionnaire that provides users with a comprehensive analysis and report that enables the participant to gain a **greater understanding of potential triggers of stress** within their lives that can be used to develop an effective stress mastery action plan to improve their overall health & well-being.

Paul B. (Preventive Medicine)

I have been looking for some time to find a resource to use with my clients dealing with stress, **really like the approach you take.**

Paul. B - Licensed Stressmaster Associate – Canada

Delegate feedback [About the SMQ] has been **universally very positive**, ranging from the benefit of having one's self-awareness reinforced, through to some real epiphanies.

Julie L (UK)

Thank you for allowing me to take [the SMQ]. It was **clearly accurate** for my personal situation. I will share this [SMQ] with our CFO.

Lisa G. (Health Coach)

CLICK TO LEARN MORE ABOUT THE SMQ

