

STRESSMASTER®  
INTERNATIONAL

CLIENT TESTIMONIALS



## STRESS MASTERY PROGRAM TESTIMONIALS

*Following are testimonials from corporate clients, independent trainers, program participants, Stressmaster International Associates as well as individuals taking the SMQ for personal development.*

Hello Jim,

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

Hi Jim,

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

Hi Jim,

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.

Thanks

S.C. Speedway, LLC

Hi Dr. Petersen,

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

**C.J. MBA – HR Professional**

Hi Jim,

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.

Thanks,

**Kim G. HonorHealth Wellness Coordinator | NSSC**

Dear Dr. Petersen

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**

Dear Dr. Petersen.

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

Hi James,

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. Al,I in all, it was fab. Thanks for your support.

Rand H. Stressmaster Associater. Jorday

Hi Jim,

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

Lisa P. – Stressmaster Associate

Dear Jim,

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

I really like the 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!

Thank you,

Natalie G. - Stressmaster Associate

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

Susan .R.– Stressmaster Associate

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

“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. Thanks.”

Glenn S. -Sharp Training – Stressmaster Associate

“Thank you for working with us and our clients, as Stressmaster and your Stress Management Questionnaire will remain as an integral part of our program going forward.”

SR – Large Executive Training Company

“...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

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.

Cobus P. - 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 instrument as we apply it in the Stress Management [Mastery] Program”

Program Participant - State of Arizona

“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

Hi Jim,

Thank you for the opportunity to take SMQ. It was accurate and very easy to follow. This is a wonderful assessment tool. I’m interested in exploring how to use this assessment in my practice.

Lisa B.

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 (Boy Scouts of America)

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

Karen H. (Stressmaster Associate)

“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. (Live a Zen Life) – Stressmaster Associate

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) 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)

I just took it [the SMQ]. I like the balance of external life stressors and internal factors and can see how the instrument is valid and when broken down into the categories can help someone focus on areas needing improvement.

A.S. Neuro Psychologist

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.

Susan R. (Senior Leadership Coach)

I just got finished looking over the materials to the SMQ and I have to say that I am quite impressed. There is a place for this on a global level for sure. At the very least [this is] for people in the health care world as a staple instrument. Lawrence R (Psychologist)

“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)

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)

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 (Speedway, LLC)

"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

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 get better insight every time I go through the Report and Guide.'

Program Participants (Employee State of Arizona)

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)

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.

Paul B. (Wellness Provider, UK)

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)

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)

First of all 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 looking for some time to find a resource to use with my clients dealing with stress, really like the approach you take.

Paul. B (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. J

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)