

**Personal & Professional Longevity Under Stress
(PLUS) 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
- Improved 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 affect 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 Career Directions profile
- Read "PLUS" book

Available

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