



A Discussion With
Client ABC About the

Stress Action Workshops

Stress Incidence and Costs

Xxxxx xx xxxxxx x xxxxxx xx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx

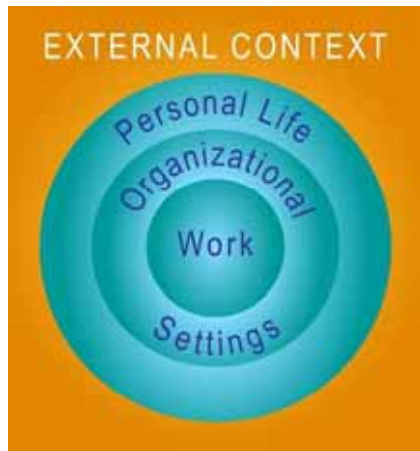
Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx
xxxxxxx xx xxxxxxxx xxxx

- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxx

stressACTION Workshop Develops Planning for Results



Xxxxx xx xxxxxx x xxxxxx xx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx
xxxxxxx xx xxxxxxxx xxxx

- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxx

stressACTION WORKSHOP Overview

Xxxxx xx xxxxxx x xxxxxx xx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx xxxx
xxxxxxx xx xxxxxxxx xxxx

- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
- Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxx

Benefits of the stressAction Workshop

Provides:

Xxxxx xx xxxxxx x xxxxxx xx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
xxxx xxxxxxxx xx xxxxxxxx xxxx

Benefits of the SST Aligned with the SAW

These online solutions take 10–15 minutes and provide:

Xxxxx xx xxxxxx x xxxxxx xx xxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
xxxx

Xxxxx xx xxxxxx x xxxxxx xxxxxxxx xx xxxxxxxx xxxx xxxxxxxx xx xxxxxxxx
xxxx xxxxxxxx xx xxxxxxxx xxxx

Key Concepts in the SST Design Covered in the sAW

The Nature of Stress

Xxxxx xx xxxxxx x xxxxxx
Xxxxx xx xxxxxx x xxxxxx

Healthy Living Practices

Xxxxx
Xxxxx
Xxxxx
Xxxxx

Three Faces of Stress

Xxxxx xx xxxxxx x xxxxxx
Xxxxx xx xxxxxx x xxxxxx
Xxxxx xx xxxxxx x xxxxxx

MYTH	FACT
<p>Χxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxxx</p>	<p>Χxxxx xxx xxxxxx xx xx xxxxx xxx xxxxx xxx xxxxxx xx xxxxx xxx xxxxxxxxxxx xxx xxxxxx xxx xxxxx xxx xxxxx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xxxxxxxxxxx xxxxx xxxxxxxxxxx xxxxx xxxxxxx</p>
<p>Χxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxxx</p>	<p>Χxxxx xxx xxxxxx xx xx xxxxx xxx xxxxx xxx xxxxxx xx xxxxx xxx xxxxxxxxxxx xxx xxxxxx xxx xxxxx xxx xxxxx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xxxxxxxxxxx xxxxx xxxxxxxxxxx xxxxx xxxxxxx</p>
<p>Χxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxxx</p>	<p>Χxxxx xxx xxxxxx xx xx xxxxx xxx xxxxx xxx xxxxxx xx xxxxx xxx xxxxxxxxxxx xxx xxxxxx xxx xxxxx xxx xxxxx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xxxxxxxxxxx xxxxx xxxxxxxxxxx xxxxx xxxxxxx</p>
<p>Χxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxxx</p>	<p>Χxxxx xxx xxxxxx xx xx xxxxx xxx xxxxx xxx xxxxxx xx xxxxx xxx xxxxxxxxxxx xxx xxxxxx xxx xxxxx xxx xxxxx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xxxxxxxxxxx xxxxx xxxxxxxxxxx xxxxx xxxxxxx</p>
<p>Χxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxxx</p>	<p>Χxxxx xxx xxxxxx xx xx xxxxx xxx xxxxx xxx xxxxxx xx xxxxx xxx xxxxxxxxxxx xxx xxxxxx xxx xxxxx xxx xxxxx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xx xxxxx xxx xxxxxx xx Xxx xxxxx xxx xxxxx xxxxxxxxxxx xxxxx xxxxxxxxxxx xxxxx xxxxxxx</p>

Satisfied Clients of the SST

COMPANIES

IBM
Ford
Gillette
BellSouth
Siemens Westinghouse
AT&T
BankBoston
PSE&G
North Shore Magnetic Imaging

INSTITUTIONS

US Passport Office
US Air Force Academy
US Forestry Service
US Navy
University of Oklahoma
Vanderbilt University
Duke University
SUNY
George Washington University
Boston University

HOSPITALS

Albert Einstein Medical Center
Costa Mesa Hospital
Tulane University Hospital
Boston University Medical Center



Testimonials of the Personal Stress Navigator®

"Your Stress Navigator zeroed in on what I've been feeling for several years and no one, including myself, has systematically addressed. Thank you. It was 20 minutes well-spent."

CEO, Hotel Chain

"I have been under a lot of stress for the past few months. Your Stress Navigator test gave me a lot of information that I didn't know about myself. I have been really depressed lately. I will take this information to my doctor. Thank you for the test."

Administrative Assistant

