



Lunch and Learn Event

Stressed For Success



Are your employees feeling stressed? They are not alone! In fact, stress impacts many of us with 47% of employed Canadians considering work to be the most stressful part of their lives and 1 in 4 feeling that they are constantly dealing with moderate to high levels of stress (MHCC, 2013).

Stress is often something we feel we cannot control, yet there are many things we can do to improve how stress impacts our lives. How we view stress is a key factor in dealing with it. By better understanding what causes us stress and how we react to it, we can develop stronger coping strategies and increase our stress resiliency.

Much of the stress we encounter comes from everyday life and trying to achieve the work-life balance. This session also presents a stress control model that provides a framework to allow everyone to understand how stress works and empowers them to take control of the key stressors in their lives.

No wonder 83% of Canadian employers rank stress as a top risk factor for their workforce (Towers Watson, 2014). These proactive employers recognize it makes good business sense as research demonstrates that every dollar invested in stress prevention is worth \$2 to \$6 in future savings (CFEB).

The 'Stressed for Success' Presentation is designed to empower attendees to build resiliency and better understand and manage stress at work and at home.

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Cost

Cost is inclusive of all presenter time, expenses, and requirements and includes supplementary resource materials. Cost can be adjusted for webinar or online delivery format. Face to face is now available at this time for some regions.

Please contact us to discuss your needs and receive a quote

Timeline Details

Presentations are typically 50 minutes with additional time allotted for answering questions as a group and individually after the session.

One day LnL workshop is a focused presentation with a supplementary resource. The resources is supplied electronically.



Important Notes

Please note these Lunch and Learn events do not include food or beverages. Catering services are to be provided by the hosting organization or employees may bring their own lunch to the event.

Adequate AV equipment must be provided. This will include a projector and screen. Adequate audio capabilities may also be required. A technical support person should be on hand to assist the presenter if required.

A dedicated individual from the hosting organization should be available to the presenter before, during, and after the presentation to advise on organizational needs and safety requirements.

Adequate facilities should be provided for the event. Attendees should be accommodated in comfortable seating arrangements that allow them to eat while listening to the presentation.

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