



### **Managing Workplace Stress**

A 2hr session for teams or individuals focused on stress reduction in the workplace. This session will cover the seven stress factors that impact stress levels in the workplace and provide participants with strategies to manage workplace stress and prevent burnout.

### **The 7 Stress Factors**

- 1. **Demand** - Time Management, Competency Job Match
- 2. **Effort/Reward Balance** – Workplace Meaningfulness, Workplace Recognition and Reward
- 3. **Control** - Workplace Involvement, Workplace Empowerment
- 4. **Organization Change** - Organizational Communication, Organizational Evolution, Organizational Vision
- 5. **Manager/Supervisor** - Management Awareness, Management Style
- 6. **Social Support** – Avoidance, Cooperation, Frustration
- 7. **Job Security** – Opportunity, Job Stability, Workplace Trust

Prior to the session, participants will take an online validated stress assessment. This assessment is to identify workplace stressors. We will cover the collective team data profile in your session, which will show the results in aggregate but not at the individual level

### **Virtual Session Fees**

**2hr Virtual Team Session (up to 30 people):  
\$3,600 + assessments**

**Stress Assessments: \$40/person**



For more information, contact us at [help@improveconsulting.biz](mailto:help@improveconsulting.biz)  
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