

# FAQ

**Here are the 14 most frequently asked questions about Renee Mill and her unique stress management course.**

*1. Why engage Renee Mill?*

Renee Mill has been working with people since 1974. Originally she qualified and worked as an occupational therapist . Her work encompassed rehabilitation and was very focused on practical solutions that would assist people with varying disabilities.

In 1982, Renee graduated with distinction as a clinical psychologist . Her clinical skills have been utilised ever since to empower people to be the best they can be.

Combining all her knowledge and experience, Renee has developed courses to benefit people in all areas of their life. One successful course is Renee's stress management course. In 1995, Renee adapted this course for the corporate world and she has been training it in organisations ever since.

Renee brings academic excellence, clinical experience, expertise and real life experience to her work.

*2. Why would my staff need to do Renee's unique stress management course?*

Every person suffers stress on a daily basis. As the pace of the world of business increases and becomes more and more competitive, it is becoming increasingly difficult to keep up . Learning how to manage daily stress and to bounce back from adversity have become a necessity for survival in this modern world.

*3. Why should we do the stress management course as a team?*

You could do it individually. It would mean learning the tools and practicing them on your own which many people prefer.

However, the benefits of doing it as a team are enormous. It is more cost effective. The team learn the tools together and so “speak the same language” moving forward. Meeting every week, for twelve weeks builds team morale and synergy.

*4. Why is the stress management course run for 12 sessions?*

When you attend a two day workshop, you may leave feeling inspired but you soon forget what you learned. New knowledge is acquired through repetition and practice and research has shown it is only truly integrated after 3 months. Hence, 12 practice sessions over 3 months ensures real and lasting change.

*5. How can I be sure this stress management course will work in my industry and my business?*

Every business, no matter how large, is made up of individuals. Individuals world wide have universal issues and respond to the same techniques for personal growth.

Renee has run this course nationally and internationally, with hundreds of different people in many different organisations, and it has always worked. People are people.

*6. Won't organising the course mean more work for me?*

Potentially, the only hard part for you may be to get your team as a whole on board and to find an acceptable time. However, this is not always the case.

Renee has found that if the manager is enthusiastic about the process, his/her team follow suite. Sometimes, it is valuable for Renee to present to the team beforehand in order to get their buy in.

Once the times are set, your job is done and you can leave the rest to Renee.

*7. How will we find the time to attend 12 sessions?*

All that is required is 75 minutes a week. Just over an hour a week. Renee comes into your organisation so there is no travel time.

Some organisations have chosen the start of the day, say 7am and by 8.15am everybody is back at their desk. Others have preferred the end of the day say 4.45pm and everybody goes home at 6pm. A few have chosen to cater a lunch and to have the training during lunch time. This way, there is minimal time taken off from work itself.

However, it all depends on the organisation and Renee will fit in with the structure and needs of your organisation.

8. *Where is the course run?*

The program is usually delivered on site. However, if preferred it can be run at Renee's consulting rooms which are situated in Edgecliff, Sydney NSW.

9. *Who will benefit from this stress management course?*

The beauty of this course is that it has been developed so that any person can benefit. The emphasis is on practical examples and change.

Renee has synthesised her model into a 4 step process which is very simple and easy to apply.

The course is applicable and relevant to teams on all levels of the corporate hierarchy, from the admin staff to upper management. The process taught works for everybody but obviously the examples different people bring will depend on their work and level in the organisation.

10. *How much will the stress management course cost?*

Renee has a set fee which includes her time, travel time and printing costs. Each participant receives a course manual.

The fee is \$16000.00 for the straight course. You can include up to 16 participants in a group which means your total investment can be as little as \$83 per week per employee.

There is a more comprehensive package which comprises the 12 session course plus 3 individual sessions per participant. With this package, Renee can work with individuals and help them apply the tools they are learning to their specific situation. This maximises the benefits of the course. The investment for the comprehensive package is \$30000.00

When you view the fee as an investment in your staff and in the long term future of your company, you will realise how affordable and worthwhile it is.

11. *Does Renee offer any guarantees?*

Yes. Renee is the consummate professional and her course is based on CBT (cognitive behavioural therapy). CBT is evidence based therapy which means it has been researched over many years and has been shown to be effective.

Of course, each participant has to do the work. He/she has to attend every group and practice the tools otherwise there will be no change. Ultimately, every person can only ever be accountable and responsible for their own success.

Renee does guarantee to provide the best service and support possible, to answer your questions and challenges promptly and with the most current and appropriate processes and approaches.

She promises to promote balanced living. She will never compromise your personal values and what is important to you and your company.

*12. Why would Renee also recommend books, tapes etc?*

Renee is widely read and believes there are some books that offer value and enhance the concepts she teaches. Reading these books are not compulsory but will add value for those seekers of knowledge.

*13. When is the best time to get started?*

Yesterday of course! Seriously, right now! Do not wait till you are presented with problems that need to be fixed. Empower yourself and your staff from today!

*14. How do we proceed?*

Call +612 93285899 and book a time to meet with Renee. She will want to get to know your business and areas that need addressing. Together you will decide on team structure and times. After that , you are ready to begin a journey that will benefit you, your team and your organisation.