



# ***What can Stress Management Training do for you?***

Stress is unavoidable at work, which is why every business and organisation needs to adopt stress management into their staff training, so that everyone at work:

- Can easily identify stress symptoms and manage their own stress levels on a day to day basis
- Know they have the skills and strategies for managing stress
- Understand when to ask for support to assist them, and
- Can work at peak efficiency for themselves and for the business

**Stress Management** - The NSW Work Cover Authority states, “the implementation of stress management in the work place is the employers responsibility under the health & safety act 1983 - Duty of Care” (Occupational Health & Safety Act).

## **What can Renee Mill do for you?**

Renee offers help to prevent & manage stress. She does this in a variety of ways:

1. **Key note speaker** at conferences. Renee is able to educate employees about stress (and other relevant topics) in a way that inspires, delights but above all motivates so that changes will be made.
2. **One on one coaching** with individuals.
3. **Hour long wellbeing presentations** to groups such as at a lunch and learn. These aim to inform staff members about stress, what to look out for and where to access help if necessary.
4. **Workshops**. These usually run for 3 to 4 hours. Here, Renee prioritises tools or information that will benefit the organisation and workshops them with the group.
5. **12 session stress management group course**. This course is unique. It was developed by Renee in 1995 and has been run in organisations many times since then.

Are your staff stressed? Suffering from burnout and looking for stress relief? Constantly faced with stressful situations? Then Renee can help you.

However, even if your staff are not noticeably burnt out, they will benefit from learning tools to stay energised and focused despite stressful situations.