



StressLess Workshops:

Create a better workplace and life

StressLess lifestyle workshops are available in various formats to best suit your organization's needs. Sample workshop content includes:

#1 – Customized Support for Managing Change

Fears about job security and future planning are real concerns, but excessive worry can become debilitating. By reducing much of the negative charge on 'imagined' future situations, employees will be able to focus and respond constructively to immediate issues.

#2 – Increased Mental Clarity and Productivity

Through movements and simple activities, participants learn how to energize mind and body, changing focus to real-time issues and problem solving. The workday becomes easier to manage as stored tensions are released and employees share a common vocabulary for effecting relief.

#3 – Decrease the Fear of Cold Calls and Public Speaking

Many salespeople and potential leaders have a fear of speaking in a group setting or of being rejected on a sales call. By reducing the emotional blocks to speaking up and being heard, presentations become more effective and success ratios improve.

#4 – Reduce the Inner Critic

This program helps employees overcome the tendency to internally criticize and judge themselves and others. By reducing this behavior, cooperation and self-confidence can be increased, resulting in enhanced productivity an individual or team.

#5 – Improving Performance at Work

Employees who suffer from headaches, sleeplessness and tight muscles are less productive and have higher absenteeism. By reducing these symptoms they become more effective, energized and focused. Various methods are taught to be performed by the individual to minimize these common conditions.

Results are based on proven systems, including:

Emotional Freedom Technique (EFT), a simple “tapping” process demonstrated to be a highly effective stress and pain reduction tool. As employees release tensions in the body and mind, their psychological and physical health improves, their daily workload is more manageable, and performance increases. www.emofree.com

Programs designed by Capacitar International reduce the psychosocial effects of stress and trauma and restore personal and societal healing. Through various movement, breathing and meditation techniques, employees relieve tension stored in the body, mind and spirit. www.capacitar.org

Note: For maximum interaction, support and success in developing new, more productive behaviors, we recommend individual sessions or workshops of 15 or fewer people lasting 60 to 90 minutes.

