

## *STRESSERCISE™ for Life* 5&5 SELECT Training Offering



We invite you to examine our premium 2010, cost-cutting training offering.

Join today's eager, motivated teams in embracing a fresh, "energy & morale boosting" training approach. Learn proven tools to create a healthy, energized and more efficient workplace. This is a power-packed, fun training. Attendees will leave more focused, motivated & equipped to tackle the challenges of today's global marketplace.

- **5&5 SELECT** is a premier, multi-agency partnered training product. This offering incorporates *your* collective, ongoing, and specific requests. We are excited to bring you this comprehensive, state-of-the-art, interactive training opportunity.
- The *STRESSERCISE™ for Life* Training Package is specially priced and offers the key benefit of measurable, demonstrated results - both immediate and long-term.
- It was developed from over twenty-five years of workshop presentation, ongoing research, extensive follow-up, and a special format designed from your many helpful insights.

Watching over those years a consistent, steady climb and recent rise in workplace demands, along side the significant "unanswered" morale decline; we felt this offering a timely and necessary response.

After almost a year of discussion with our clients across the country, we came to five clear conclusions:

- Creating adequate time for proper training and having multiple employees off task remains an ongoing challenge.
- Training budgets, especially for Soft Skill Training, are generally low and/or non-existent
- Alternative on-line training offerings aren't proving effective or reflecting needed gains.
- As a result productivity, teamwork, energy levels and morale are often diminished.
- Left unaddressed, this situation negatively impacts allocated budgets and the bottom-line. Therefore, making achieving desired results more difficult.

### **The Approach:**

- The first goal is to systematically educate and ignite individuals to achieve their highest level of performance. This challenge is accomplished through our interactive and comprehensive workshop presentation and state-of-the-art training tool.
- This unique, custom-designed product organizes training material into easy-to-follow step-by-step concepts.
- The second goal is to challenge the workshop attendees "to challenge each other" to put the learned techniques into immediate action, to be and remain accountable to other team members and most important model and retain positive results long-term.

Research substantiates healthier employees are more alert, have less sick days and maintain high levels of productivity longer-term.

# ***STRESSERCISE™ for Life* 5&5 SELECT Training Offering**

## **The Offering:**

### **5&5 SELECT Training Offering:**

- Select and send five of your key employees to an invaluable, 2-day comprehensive training opportunity.
- At the end of the program you have 5 days to decide if you would like to select and send five more to the next month's presentation, schedule your own training or pass the opportunity along.
- The benefits and advantage to you is the shared cost-saving opportunity. It affords select employees to attend premier training and the sponsoring organization "earns" a chance to send additional employees the following month.
- Choosing the "right" select five employees could refresh and ignite your organization. New motivation drives personal and corporate missions from the inside out and genuine gratitude motivates and voluntarily gives back. Rewarding this training opportunity, to the eager pacesetters, especially initially, offers individual departments a great jumpstart.

## **The Benefits:**

- Premier motivational training at affordable cost-sharing pricing
- Significant healthcare premium savings
- Healthier, higher producing personnel
- Fewer number of employees off work at one time
- Effective & affordable system to jumpstart workforce

## **The Challenge:**

We challenge you to ask the hard, smart questions and be ready...*to hear* the answers. Arm your employees with results-proven training that equips them *to overcome* the perceived impossibilities, make a defined difference and help to prosper your organization.

Be bold enough to take a different path. Take the path of shared accountability, shared appreciation, and equitable exchange.



## **OUR SIGNATURE *STRESSERCISE™ for Life* 5&5 SELECT TRAINING EVENT**

**The 3-fold Training Formula is simple:**

- **GET READY** .....Preview the offering
- **GET SET** .....Access the benefits & prepare to act
- **GO**.....Schedule the date for your "Select Five"

# ***STRESSERCISE™ for Life 5&5 SELECT Training Offering***

## **Locations & Times:**

We have several training locations under consideration and welcome your input for *your* preferred locations. Our **5&5 Select Search** for appropriate locations is ongoing. We welcome all inquiries.

It has been helpful to meet many of you again in person and get to revisit your individual training facilities. Thank each of you for all of your useful input and suggestions.

Data is being gathered for preferred dates and locations. Speedy responses from each of you will help us determine the optimum dates and locations.

## **Cost:**

Is in part determined by the criteria you give us. Response to a 5-question questionnaire is necessary.

## **Topic:**

***SPECIAL OFFERING - 2-Day Change, Stress & Nutrition Signature Workshop***

## **Recap:**

- *This training event is invitation only*
- *Class access is limited...currently 30 spaces maximum are available*
- *Eagerness, commitment, and availability are core criteria components*
- *For additional information for this special training please contact us at 303-234-9482 or [Info@stresserciseforlife.com](mailto:Info@stresserciseforlife.com)*