

“7 Ways to Relieve Stress” Package



Companies have a duty of care under occupational safety and health legislation to ensure that all employees are "fit for work". "Fit for work" means that an employee is in a satisfactory mental and emotional state. An employee may be "unfit for work" due to the adverse effects of stress.

Stressed employees have trouble concentrating, are at risk of injury, lack energy, are forgetful, find it difficult to solve problems, have a low frustration tolerance, poorer relationships and health.

75% of doctor visits are linked to stress. Stress costs the Australian economy over \$15B every year due to absenteeism, presenteeism, incident or injury management costs and workers compensation claims. 40% of employee turnover is due to stress.

Have any of your employees experienced stress?

Have any employees taken time off work due to stress?

Do you want your employees to know how to manage their stress so they can stay healthy and productive?

If you answered yes to any of these questions, then please read on.

Package Includes:

- ✓ 1 hour interactive workshop that is informative, engaging and fun
- ✓ “47 Ways to Relieve Stress” cheat sheet
- ✓ FREE Bonuses (Valued over \$700)

What is the workshop about?

This workshop will help your employees understand what stress is, what causes stress, how stress affects them and what they can do about it.

In a nutshell, a “Stress Free” employee is one who enjoys their work, gets along with others, has less sick days and serves customers better.

Who is the presenter?

Martin Formato is a professional certified life and workplace coach, motivational speaker and author of the self-help book “[Follow Your Own Path](#)”.

For more information about Martin go to <http://martinformato.com/about/>

What will I learn?

- ✓ What stress is
- ✓ What causes stress
- ✓ How stress affects you
- ✓ 7 ways to relieve stress

What have others said about this workshop?

“Fun, light-hearted discussion of serious topic.”

“Very valuable, pertinent for all, even if they don’t admit it.”

“Great humour.”

“Loved the group activities.”

Who should attend? All members of your team
Where is it held? At your workplace
When? At a time that suits everyone

How do I book?

Please send an email to support@martinformato.com stating:

- Your contact details
- Your workplace address
- Number of participants
- Your preferred day and time for the 1 hour interactive workshop

We will respond on availability. Your booking will be confirmed after payment is received.

What if I have more questions?

Please phone Martin Formato on 0417 012 274 or send an email to support@martinformato.com

How much is my investment? \$497

