

# BEST Stress Management

Imagine every individual managing their workload pressure and their work-life balance with more energy and control...



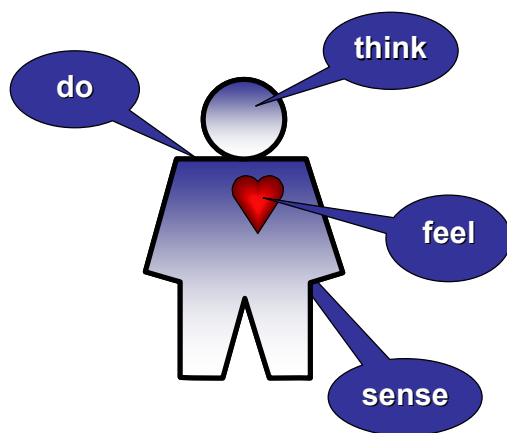
Half day or full day  
Interactive workshop,  
Available for 8-10  
managers.

People, who feel they can't cope, get easily fatigued and become strained over daily challenges. This contributes to sickness and absence escalating out of control, potential bullying and conflict, draining the natural progress of business. This needs managing sensitively.

Enjoying good health at work is a consistent trait of BEST managers. We have designed a radical way to reduce negative stress easily and manage with new attitudes, personal responsibility and 'easy to use' wellness techniques.

BEST Stress Management programme:

- Creates personal ability to cope with work pressures
- Reviews physical, emotional and intellectual indicators of dis-stress
- Explores simple ways to enjoy BEST 'health' for the whole body
- Guides managers towards easy techniques for de-stressing others
- Embeds new habits for healthy working practices



**THE HUMAN FACTOR**

The **BUSINESS BENEFIT:**

**Reduces sickness  
absence and  
minimises bullying**

The **INDIVIDUAL BENEFIT:**

Ability to **cope with stress  
and manage pressure** for  
long-term **healthy life!**

**BEST...  
Be Extraordinary Starting  
Today!**

**Corporate Heart**

Call 0208 998 7032 for more details  
[www.corporate-heart.co.uk](http://www.corporate-heart.co.uk)

putting *life* back into business