

2024/2025

# STRONGER THAN STRESS

STRESS MANAGEMENT TRAINING



[WWW.STRESSINTEL.COM](http://WWW.STRESSINTEL.COM)

# ABOUT

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## SANDRA THEBAUD, PHD



Sandra Thébaud, PhD, is a seasoned professional in the field of psychology and mental health with 30 years of experience as a clinical psychologist. Dr. Thébaud has dedicated her career to researching effective strategies for managing stress and optimizing performance, and she has extensive expertise in areas such as stress management, resilience, and well-being. Dr. Thébaud's work has been widely recognized and published in reputable journals. She has been invited to speak at various conferences and conduct numerous seminars on the topic of stress management. As an advocate for holistic well-being, Dr. Thébaud believes in empowering individuals to cultivate a positive mindset, develop effective coping mechanisms, and thrive in challenging circumstances. She is currently the founder of StressIntel where she offers online courses and organizational training, and she just published her 3rd book, *Stronger Than Stress*.

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# A Few Client Reviews



||

Made me more cognizant of who I am and the change process as it provides an avenue for inner growth.

~Dennis M.

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||

My whole life looks completely different to how it did before we met, and in the best way possible. I really cannot thank you enough.

~Molly M.



||

I feel like this was the best time to benefit from your teachings! I feel stronger now knowing this information.

~Amanda L



# INTRODUCTION



BECOME  
STRONGER  
THAN STRESS

Are you ready to take your company to the next level of success?

Investing in the well-being of your employees is a key factor in achieving that success. Our training packages can help your team learn the skills they need to effectively manage stress and improve their overall productivity and happiness.

Don't wait any longer to give your employees the tools they need to succeed.

Learn more about our packages and take the first step towards a stronger, more successful business.

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# OBJECTIVE

STRONGER THAN STRESS



Thank you for considering StressIntel for your stress management training needs.

The goal of our trainings is to teach your team how to become Stronger Than Stress. A team that is Stronger Than Stress is a team that is productive, effective, works well together and can overcome challenges. By the end of each package, every participant will be able to recognize their personal response to stress, have a better understanding of how to apply various techniques to reduce stress, and know what it means to be Stronger Than Stress.

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## STRONGER THAN STRESS

### STANDARD

Our Standard Package is a bi-annual program designed to promote well-being and resilience in the workplace. Our stress expert will cover topics such as stress identification, coping mechanisms, and fostering a positive work environment.

### PREMIUM

Our Premium Package is a quarterly proactive solution to cultivate a resilient and thriving workplace. This comprehensive program, designed for both individual and collective well-being, offers a series of quarterly workshops, personalized coaching sessions, and resources crafted by seasoned clinical psychologists.

### GOLD

Our Gold Package is a dynamic and responsive solution to prioritize mental well-being in the fast-paced world of business. This program, crafted by experienced clinical psychologists, offers a monthly series of workshops, individual coaching sessions, and readily accessible resources.



# SERVICES



# Standard Package

With this bi-annual package, we ensure continuous support and adaptability to evolving workplace dynamics. This package is not just a solution; it's an investment in a healthier, more productive work culture. Elevate your team's mental well-being with our bi-annual Standard Package and witness the positive impact on employee satisfaction, engagement, and overall organizational success.

**GREAT VALUE!**

## WHAT YOU'LL GET:

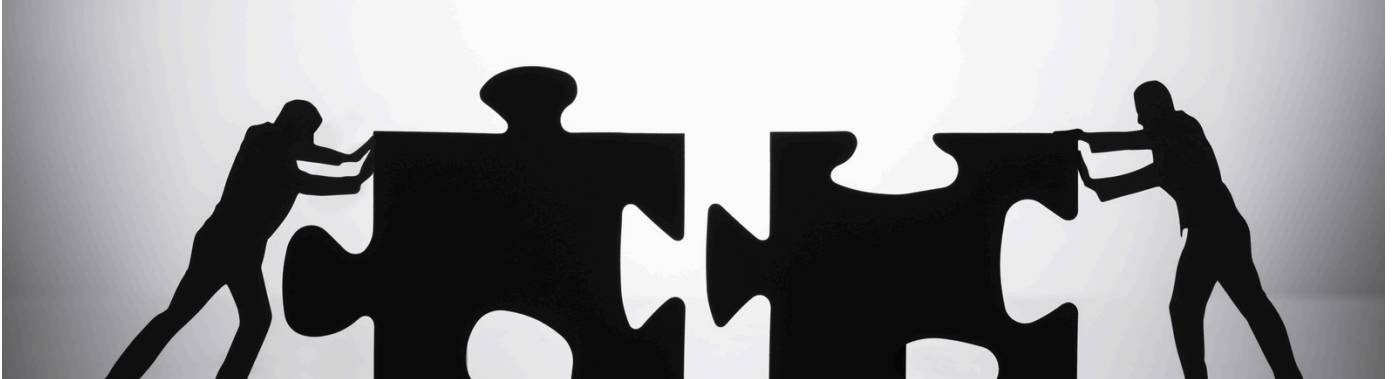
- ✓ Full-day in-person comprehensive Stronger Than Stress training
- ✓ Stronger Than Stress book with Personalized Playbook
- ✓ Stronger Than Stress online course
- ✓ Live check-in and follow-up resources

**IS THIS PACKAGE BEST FOR YOU?**

**BOOK A CALL**

<https://tidycal.com/sandrathebaudphd/30-min>

# Platinum Package



Each quarter, participants will delve into stress identification, coping strategies, and holistic approaches to mental wellness. The structured, ongoing support ensures that employees receive timely tools to navigate stressors effectively. By investing in the quarterly Premium Package, your organization commits to fostering a positive and sustainable work culture, where employees are equipped with the skills to manage stress and contribute to a healthier, more productive environment. Elevate your team's mental well-being with our Premium Package and witness the transformative impact on employee resilience, engagement, and overall organizational success.

## WHAT YOU'LL GET:

- ✓ Everything in the Standard Package
- ✓ Advanced Stress Resilience Techniques Training
- ✓ 10-week Stress Traps online course
- ✓ Additional Live Check-in and follow-up resources

**EXCELLENT VALUE!**

**IS THIS PACKAGE BEST FOR YOU?**

**BOOK A CALL**

<https://tidycal.com/sandrathebaudphd/30-min>



# Gold Package

Participants will engage in discussions on stress recognition, practical coping techniques, and fostering a resilient mindset. The monthly cadence ensures a consistent and adaptive approach to tackling stressors as they arise. By investing in the monthly Gold Package, your organization demonstrates a commitment to cultivating a positive, supportive work culture. Equip your employees with the tools they need to navigate stress effectively, enhance their mental resilience, and contribute to a healthier and more productive workplace. Elevate your team's mental well-being with our monthly Gold Package for a sustained positive impact on employee satisfaction, engagement, and overall organizational success.

**BEST VALUE!**

## WHAT YOU'LL GET:

- ✓ Everything in the Premium Package
- ✓ Additional Trainings
- ✓ One-on-one Well-being Assessments
- ✓ Personal Journals, Self-Evaluations, Accountability Partner
- ✓ 10 Additional Live Check-ins and follow up resources

**IS THIS PACKAGE BEST FOR YOU?**

**BOOK A CALL**

<https://tidycal.com/sandrathebaudphd/30-min>



# Training Descriptions

## **Stronger Than Stress**

"Stronger Than Stress" is a transformative stress management training program designed to empower individuals to overcome life's challenges with resilience and strength. Using the S.A.I.L. (Stressors, Awareness, Influence, Level) Method, participants learn practical strategies to navigate stressors effectively and cultivate a resilient mindset. "Stronger Than Stress" equips individuals with the tools they need to thrive in both their personal and professional lives, fostering a culture of well-being and productivity and helps participants realize that they are truly stronger than stress.

## **Pillars of Well-Being**

"Pillars of Wellbeing" is a holistic stress management training program that focuses on nurturing the four essential pillars of wellness: physical, mental, emotional, and spiritual. Through a blend of experiential workshops, guided exercises, and educational sessions, participants explore practical strategies to strengthen each pillar and achieve overall balance and resilience.

## **Advanced Stress Resilience**

"Advanced Stress Resilience" is a dynamic stress management training program designed to equip individuals with the skills and mindset needed to bounce back from life's challenges with strength and adaptability. Participants learn proven strategies to enhance resilience and thrive in the face of adversity. From developing a growth mindset to cultivating effective coping mechanisms, "Advanced Stress Resilience" empowers individuals to navigate stressors with confidence and resilience, fostering a culture of mental fortitude and well-being.

# Training Descriptions

## **Preventing Burnout**

"Preventing Burnout" is a comprehensive stress management training tailored to help individuals recognize, address, and prevent the debilitating effects of burnout in the workplace. Participants learn effective strategies to manage stress, set boundaries, and prioritize self-care. From stress identification to resilience-building techniques, "Preventing Burnout" equips individuals with the tools they need to maintain balance, avoid burnout, and thrive in both their personal and professional lives.

## **Improving Sleep**

"Improving Sleep" is a specialized stress management training designed to help individuals achieve better sleep quality and overall well-being. Participants learn evidence-based strategies to overcome sleep challenges and establish healthy sleep habits. From relaxation techniques to sleep hygiene practices, "Improving Sleep" empowers individuals to address insomnia, reduce stress levels, and optimize their sleep environment for restful nights and energized days.

## **Stress Traps 10-week Online Course**

"Stress Traps" is a transformative 10-week online course that delves into the top 10 mistakes individuals commonly make when attempting to reduce stress. Participants will learn to identify and navigate these pitfalls through engaging video modules, interactive exercises, and weekly "homework" sessions. From misconceptions about time management to ineffective coping strategies, "Stress Traps" equips individuals with practical insights and actionable techniques to break free from stress traps and cultivate lasting resilience.

# Training Descriptions

## **Learning to Relax**

"Learning to Relax" is a comprehensive stress management training designed to help individuals unwind, rejuvenate, and cultivate inner peace amidst life's challenges. Through a series of guided relaxation techniques, mindfulness practices, and stress-reducing exercises, participants will learn to release tension, calm the mind, and restore balance to their lives. This training provides a supportive environment for individuals to explore and develop personalized relaxation strategies tailored to their unique needs.

## **Mindfulness**

"Mindfulness" is an immersive stress management training that teaches individuals how to cultivate present-moment awareness and build resilience in the face of stress. Through guided meditation practices, mindful movement exercises, and experiential learning, participants learn to observe thoughts and emotions without judgment, fostering a greater sense of calm and clarity. This training equips individuals with practical tools to reduce stress, enhance focus, and improve overall well-being.

## **Strategies for Self-Care**

"Strategies for Self-Care" is a specialized stress management training crafted to empower individuals with practical tools and techniques to prevent burnout and prioritize their well-being. Participants learn to cultivate habits that nurture their physical, mental, and emotional health. From establishing boundaries to practicing mindfulness, this training equips individuals with a comprehensive toolkit to manage stress effectively and foster resilience in the workplace and beyond.

# Training Descriptions

## **Stronger Than Stress Online Course**

"Stronger Than Stress" is an empowering online course that brings the principles from the book *Stronger Than Stress* to life, offering practical guidance to help individuals effectively manage stress in their daily lives. Through engaging video lessons, interactive exercises, and a personalized playbook, participants learn how to apply the strategies outlined in the book to their unique circumstances. Led by the author themselves, this course provides a supportive environment for personal growth and transformation, empowering participants to overcome stressors and thrive with resilience.



# Add-On Descriptions

## **Stronger Than Stress Book**

"Stronger Than Stress" is a transformative book offering practical strategies and insights to help readers effectively manage and overcome stress in their lives. Written by a seasoned expert in stress management with 30 years of expertise, this empowering book provides actionable steps, mindfulness practices, and resilience-building techniques to cultivate inner strength and resilience.

## **Personalized Playbook**

The "Stronger Than Stress Personal Playbook" is a companion workbook designed to complement the insights and strategies outlined in the Stronger Than Stress book. With exercises, reflection prompts, and actionable worksheets, this personalized playbook empowers readers to integrate the book's principles into their daily lives. The Personal Playbook serves as a practical tool to guide your journey towards greater well-being and inner strength.

## **Check-ins**

Our one-hour online stress management check-in offers individuals an opportunity to assess their current stress levels and receive personalized feedback and resources. Participants engage in discussions and interactive activities to identify stressors and explore effective coping strategies. The online check-in provides a supportive environment to help participants navigate stress and cultivate resilience in their daily lives.

# Add-On Descriptions

## **One-on-one Wellbeing Assessment**

Our one-on-one wellbeing assessments offer individuals a personalized opportunity to evaluate their overall well-being and identify areas for growth and improvement. Through confidential discussions, self-assessment tools, and goal-setting exercises, participants gain insights into their physical, mental, and emotional health. Our wellbeing assessment provides a tailored roadmap to support the journey towards greater health and happiness.

## **Personal Journal**

Our 52-week stress management journal is a comprehensive guide designed to help individuals navigate and conquer stress one week at a time. Each week, readers are guided through reflective prompts focusing on a specific aspect of stress management, from relaxation techniques to cognitive reframing. By committing to consistent journaling, readers can cultivate resilience, develop healthy coping mechanisms, and ultimately transform their relationship with stress for long-lasting well-being.

## **Self-Assessments**

Our stress management self-assessment is a comprehensive tool designed to help individuals gauge their proficiency in coping with stressors effectively. Through a series of targeted questions, participants can identify their strengths and areas for improvement in managing stress. By completing this assessment, individuals gain valuable insights into their stress management skills and receive personalized recommendations to enhance their resilience and well-being.

# Add-On Descriptions

## **Accountability Partner**

Participants will be paired into accountability partnerships where they support each other in reducing stress through regular check-ins, goal setting, and mutual encouragement. By being held accountable to their stress management goals, individuals benefit from increased motivation, consistency, and a sense of shared responsibility. This collaborative approach fosters a supportive environment for personal growth and helps participants stay focused and committed to their stress reduction journey.





# FORMAT



To ensure that the training meets the needs and objectives of your company, I will be using various evaluation methods such as pre- and post-training surveys, group discussions, and one-on-one feedback. This will allow me to measure the effectiveness of the training and make any necessary adjustments.

To provide this level of quality, each training is limited to a group of up to 30 participants.

I believe that Stronger Than Stress training will be a valuable investment for your company. I welcome the opportunity to answer any questions you may have. I have included a link at the end of this brochure.

# RESULTS



## Advantages of being Stronger Than Stress:

- Being able to recognize signs of stress in its early stages
- Understanding which types of stress can be changed
- Knowing when to accept a situation and how to be flexible and adapt to change
- How to leverage past stressful events
- Why mindset matters
- How to short-circuit stress before it starts



# Are We A Good Fit?



## We Are A Good Fit If

- ✓ You seek to enhance employee well-being.
- ✓ Increasing productivity and focus is a priority.
- ✓ Reducing unplanned employee absences is a key goal.
- ✓ Fostering positive team dynamics is important.
- ✓ Improving employee engagement and job satisfaction is a focus.
- ✓ Demonstrating a commitment to a caring organizational culture aligns with your values.

## We Are Not A Good Fit If

- ✗ Budget constraints may hinder program implementation.
- ✗ There's resistance to cultural shifts within the organization.
- ✗ Leadership endorsement for stress management initiatives is lacking.
- ✗ Existing employee support programs are already robust.
- ✗ Current organizational priorities do not align with stress management training.
- ✗ Employee engagement is currently insufficient for effective participation.

# CONTACT ME



Is there a chance we're a good fit?  
Schedule a zoom meeting with me:  
<https://tidycal.com/sandrathebaudphd/30-min>

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Stronger Than Stress is not about providing  
information. It's about transformation!

Thank You!

I look forward to working with you!

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