

STRESSPRO™

PERSONAL STRESS MANAGEMENT PROFILE



Balance personal & professional commitments and increase your available energy

The **STRESS PRO™** is a motivating, online stress management system based on 27 years of research. It helps the individual to become a more vital, effectively healthy self-manager of the stress & satisfaction in their lives.

The **STRESS PRO™**

- Available on-line, 24/7, with no special software requirements
- Individual scores compared to over 190,000 adults on 12 key resilience factors
- Complimentary, personalized diagnostic available instantly in real time in French and English
- Includes a "Top Priorities Report" and a "Full Report" to facilitate lifestyle planning
- Personalized feedback and Lifestyle planning system highlights strengths and lifestyle vulnerabilities
- Balance sheet approach includes Personal Vitality Index, Work-Life Balance Index and Work Engagement Index

The **STRESS PRO™** provides the individual with an opportunity to assess mission critical performance factors and create a science based action plan proven to decrease stress, increase energy, increase engagement and improve personal and professional performance.

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The **StressPro™** is a comprehensive approach to stress management.

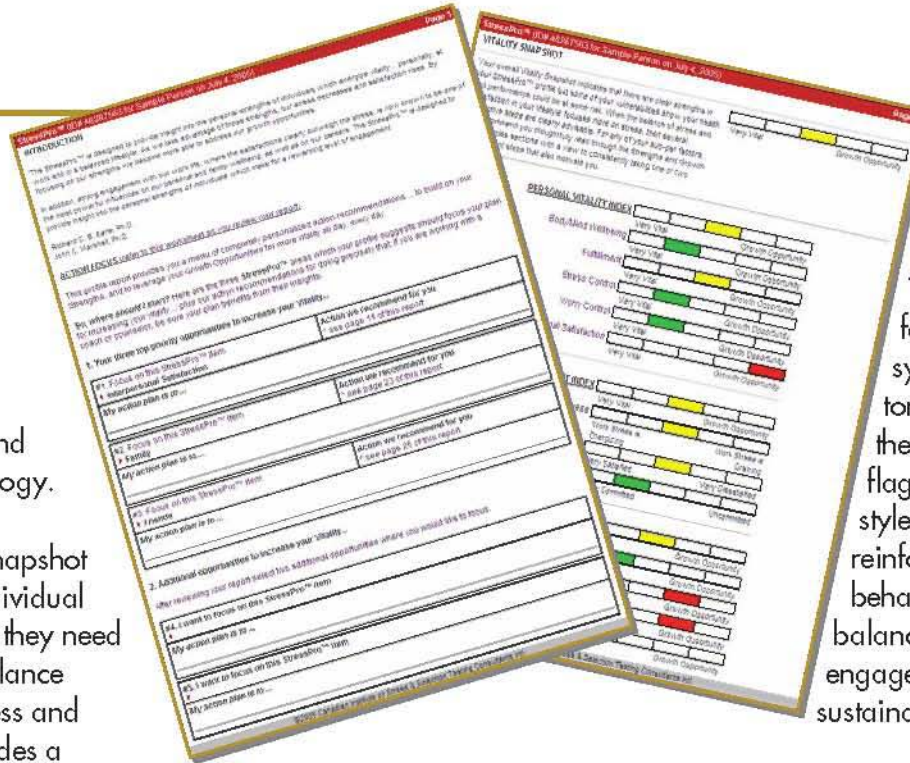
Based on advanced statistical methods and principles of psychology. The **StressPro™** includes a Vitality Snapshot and provides the individual with the information they need to achieve a vital balance between lifestyle stress and satisfaction. It provides a thorough analysis of the individuals strengths and growth opportunities and includes detailed recommendations.

Lifestyle Planning: The **StressPro™** lifestyle planning process when combined with the 100 item psychometric assessment, is proven to help individuals balance their personal and professional commitments while increase their available energy for critical personal and professional priorities.

Two Complimentary Diagnostic Reports: Available in both French and English, the **StressPro™** provides the individual with two, highly personalized, confidential diagnostic reports. These include a brief "Top Priorities" report to facilitate immediate next steps and a detailed "Full Report" that provides a health balance sheet and evaluates 12 sub-scales within 3 indexes, namely:

- **Personal Vitality Index**
- **Work-Life Vitality Index**
- **Work Engagement Index**

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Science Based Diagnostic
 The strength focused reporting system is highly customized and helps the individual address flagged work and lifestyle factors while self reinforcing those behaviors that lead to balance, vitality, engagement and sustainable performance.

The Results: Using a strength based approach, the individual gains an understanding of their stress levels and the implications their lifestyle has for performance, health, satisfaction and resilience. The result is that the individual is prepared and motivated to work with a frankly developed understanding of the strategic steps required to build on their stress management strengths, protect their vitality and improve performance.

We Predict Performance: Our assessment tools have been used to profile and track the wellbeing and career performance of over 3.5 million people. With this quantity and quality of data, our profiles have been validated in many cultures and our process is proven effective in a broad range of private and public sector organizations.

Self Management Group is a world leader in screening, selecting, training, and retaining top performing self managers. For over 25 years, SMG has partnered with the worlds leading companies to develop resilient, high performance, self-managed individuals and organizational cultures.

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