

Stress in the Workplace

Why Corporate Wellness and Stress Management?

Employers are turning to Corporate Wellness Programs to become the employer of choice, reduce turnover, and health claims risk while improving employee productivity through stress management and reduction.

Did you know...

- **77%** of employees felt their wellness program relieved their stress.
- **33%** of lost productivity is due to presenteeism.
- **2:1 ROI** was achieved in the first year by implementing a wellness program through their workplace health and safety initiatives.
- **43%** of employees feel it causes them to miss fewer days.
- **327%** is the average return on investment of medical costs savings to the employer for every dollar spent on wellness and stress management programs.

Research shows that happier, healthier employees achieve

- **31%** higher productivity
- **37%** more sales
- **125%** less burnout
- **46%** more satisfaction in their jobs.

Up to \$1 million has been saved in worker's compensation claims by one company alone.

What is the “**Light up Your Life!!!**” Stress in the Workplace Program?

“Light Up Your Life” is a Stress Reduction Program that teaches people how to be healthier and more productive by providing them the tools they need to re-define and re-shape how they live their lives both personally and professionally.

The program includes a unique component that teaches participants how to empower themselves to make the necessary changes in many areas of their lives as they move through the sessions. It also has an over-riding theme of mindfulness to assist people on their journey to a more peaceful, meaningful life.

The program is foundational to people in all walks of life, all ages, and all skill levels. The video series explains the program and the playbook is a personal document they download to completely customize their own experience of the program and their own successes for each session as they follow the informational videos.

To receive program or pricing information, please contact
Susan Hanson, shanson@verosolutionsinc.com, or call 905.825.2907
To preview the program go to: www.verosolutionsinc.com

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The program is accessible through your company-branded e-portal with a video and playbook for each of the introductory and eight informational sessions. Participants may work through the program at their own pace. Once registered, they may choose to join the weekly webinar for all participants taking the program for coaching, sharing, and feedback. An online community of all participants is available to join for great ideas and tips that work for other participants.

Participants will...

- Reduce anxiety and stress at home and work
- Avoid burnout with proper work/life balance
- Eliminate workplace and family conflict
- Become more productive and efficient
- Improve their overall level of health
- Enjoy more job and career satisfaction
- Free up more time and energy
- Increase their engagement and motivation

Feature Videos and Articles

There will be new feature videos and articles added from the health and wellness industry with new and interesting topics to the e-portal on a regular basis for participants to continue their learning. There is a section for HR/Plan Administrators to support their wellness initiatives.



The Author

Susan Hanson is a Certified Corporate Health and Wellness Specialist with the Corporate Health and Wellness Association. She has established businesses in both the wellness and corporate training sectors for 25 years. After working with national and international clients she has combined these two talents to bring you an engaging, easy to use program that all employees can benefit from.

How Does it Work for the Employer?

The employer purchases an annual license to access a customized company-branded e-portal which allows their employees and family unlimited access to the site at any time.

The last two pages of this document are the flyer sent internally that connects to a preview video for employees (see employee flyer below) and the link for employees to register and get started. Each session includes a video and downloadable playbook. There is an introductory session and eight interactive sessions. Participants will also have access to a community portal for all participants to share their successes and best practical tips as well as an option to attend the weekly coaching webinar. (These two features are optional for participants).

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