



UNDER PRESSURE: STRESS AS A CATALYST FOR POSITIVE CHANGE

Content Areas: Attitude, Body, Mind, Mindset, Optimism, Self-Care

Duration: Three Weeks

Description: Perhaps you have heard this before: “If it doesn’t challenge you, it doesn’t change you.” This three-part series explores the physiology and biology of stress, mind/body connection and the possibility that some stress can produce positive adaptations while building capacity and personal/professional growth.

Overview:

- Week 1 – Understanding Stress & How it Affects the Mind/Body
- Week 2 – Uncovering Perspective Shifts & Igniting Positive Change
- Week 3 – Exploring Stress Mastery Strategies for Long Term Success

Key Components:

- Resources – Weekly, themed encouragement email with electronic curriculum/practices
- Support – Unlimited access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting (optional)

Investment: Starting from \$1,250