



Depending on whose figures you believe, stress costs British business between £3.6 and £26 billion each year

At best, that's £112.68 for *every* person aged 16-64 you employ

You can cut your share of this bill with a simple course

Stress will have an impact your business at some point. It may even be doing so now. If any of your staff are stressed and:

- It's affecting their performance at work
- It's affecting other people
- You're worried they may take sick leave
- They are already on sick leave and you'd like to help them return

I can help.

Managing people who are stressed is time consuming, and stressful in itself. If they go on sick leave it's expensive. And then you have the hassle of covering their work.

It doesn't have to be this way.

Stress is contagious. So it only takes one person to disrupt your whole business.

The stress management techniques I teach are practical tools you can use straight away. Not theories or concepts with no clear outcomes. They:

- Have an instant effect
- Are easy to learn in just a few sessions
- Are quick and easy to use, whatever situation you're in
- Bring greater stress-busting benefits the more you use them
- Are exactly the same techniques and programme taught to all of the emergency services in Australia and New Zealand

“ I gained so much from completing this course. It gave an explanation of 'why' stress occurs and what is 'going on', as well as providing some immediately useable tools to reduce the effects of stress. I would definitely recommend the course to anyone wanting to manage their stress levels and improve their health and wellbeing. ”

Miranda Jenkins

Everyone in your organization will benefit from learning these techniques. Even you.

Training to suit *your* business and how *you* work

Now there is a course that can be taken in 15-20 minute modules over the course of a week. This minimises disruption whilst also ensuring your staff know how to manage their stress. The course covers:

- The anatomy and symptoms of stress
- Acute versus chronic / cumulative stress
- Simple techniques to prevent and manage stress

“ A great course! Stress affects us all and although I generally like to think I have a pretty good handle on it I still learnt plenty here about it's unseen causes and the larger issues it can be responsible for. Most importantly I now have a toolbox of techniques to help me deal with or even prevent the different types of stress in my life. I feel calmer already! ”

Rob Brand

The trouble with most stress management training:

Most stress management courses spend time on theory and then leave you with some kind of toolkit you have to figure out how to use. One course I've seen has 24 modules!

It's much more effective to give everyone in your organisation some simple tools they can use to help them manage their own stress. Quickly and easily.

Protect your business. Do what these leading organisations are all doing.

Google, Apple, BT, Unilever, Barclays, Goldman Sachs, the Department of Health and a number of NHS Trusts all use the same techniques I teach to cut the impact of stress in the workplace.

Free your business from the harmful effects of stress, book your training today.

Email cheryl@cosmicteapot.co.uk or call me on **07714 286 489**

Think stress isn't an issue for your business? Think again.

Since 2009 the number of sick days lost to stress, depression and anxiety has increased by 24%.

On average, people who are off work with stress are away for 23.9 days. That's more than five weeks. Some never return.

In 2011 stress overtook cancer as the main reason for long-term absence from work (*Chartered Institute of Personnel and Development (CIPD) / Simplyhealth Absence Management Survey 2012*).

And the 2016 Labour Force Survey showed that in the year 2015-16 there were 488,000 cases of work related stress, anxiety or depression. This led to the loss of 11.7 million working days and accounted for 45% of all working days lost due to ill health.



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