



syche Me[®]
THE KEY TO SUCCESS



“Success is getting what you want; happiness is wanting what you get.” **Dale Carnegie**

What is stress?

The term “stress” is often used loosely to describe an inability to cope. By definition it means: *When the demand outweigh our coping mechanisms. Stress not only has significant effects on our wellbeing but ultimately effects our ability to perform at work.*

A stress free workforce equates to:

- Better Morale
- Less absenteeism
- More productive results
- Better ability to meet targets and deadlines
- Increased willingness to work and give 100%
- Improved concentration levels meaning less room for errors

How can we help?

Independent field research conducted by PsycheMe® found that **86%** of those surveyed reported feeling stressed at work on a frequent basis. Of those **61%** said that they would benefit from stress management workshops within their place of work.

“Working is no longer a place; it is a state of mind.” **Forbes, 2011**

PsycheMe® aims to reduce work related stress through evidence based cognitive behaviour therapy techniques thus improving staff performance and efficiency. Our trained Psychological Practitioners deliver group workshops that can fit into lunchtime, after work or weekend sessions (times are negotiable to suit business needs).

Workshops include:

- Psychoeducation on the causes and effects of stress in the workshop
- CBT techniques to manage the identified stressors
- Group exercises and interactive sessions to facilitate learning
- Workshops for all levels of staff within an organisation
- Handouts and take home material

Our rates:

Prices vary dependant on the need of the client at initial consultation. We guarantee to offer the most **competitive rates!**

“we come to you!”

you provide the **space**
and we provide the **service!**

