

## de-Stress at Your Desk: effective tools to release stress and move on



**A compelling business-oriented approach  
to increase productivity and decrease stress.**

The de-Stress at Your Desk experience begins with a 60-90 minute experiential seminar where Michel teaches your employees practical tools to help them get through the workday with ease and calm. Grounded in research, the program leads participants through on-the-spot breathing and simple yoga-inspired stretches to help relieve tension and refocus the mind. Not only will these strategies help your staff on the job, but they translate to everyday life, giving people the tools to live happier, healthier, more productive lives.

This workshop includes:

- \* A Guiding PowerPoint
- \* 60-90 Minute Experiential Workshop
- \* Handouts
- \* Edible materials
- \* Three Follow Up Email Reminders

de-Stress at Your Desk can be delivered in large or small groups, or can be run multiple times at a given facility in a single day. We also offer consultations to co-develop implementation plans for individuals, teams and departments. **This added value ensures that your workforce takes these powerful tools from the classroom into the daily work experience for greatest impact.**

### what people are saying:

"I came in feeling tired and tense, but I left rejuvenated! I will definitely use these exercises."

*-Todd, Seattle*

"The exercises are so easy to do it seems silly that I never thought of doing this, but it really helped. I feel so much better than when I walked in. Thanks."

*-Matthew, Seattle*

"This is one of the best trainings I have attended - practical and helpful."

*-Kathy, Bellevue*