



Pro-Active Stresscheck™

What is it?

Pro-Active StressCheck™ is an assessment tool that encourages people to become active agents in coping with unavoidable pressures. Based on research that began in 1982 with thousands of individuals, it has been a powerful instrument for companies that promote wellness and want people to attain a level of optimal human performance. It is one of the only instruments in the marketplace that accounts for both elevated and lowered responses to stress on both physical and psychological scales. Use the results to work on stress management and after 6-9 months, a re-check shows an amazing difference.

This tool is particularly appropriate for Management groups. This tool can help them learn what they can do to reduce stress responses and how to direct positive stress responses in a productive way.

Who is it for?

For facilitators looking for an insightful tool to be used within a number of personal development contexts. If an organisation could minimise the negative aspects of stress in the workplace and help to positively channel the energy of those employees who seem to "thrive on stress," how much more productive would the organisation be?

What it does...

Pro-Active Stresscheck™ is an online questionnaire designed to provide people with a relative barometer of their responses to stressful situations. The report, which is 10-20 pages in length, is an analysis of four areas of stress, and one good news stress indicator:

Elevated Physical reactions (i.e. rapid heart rate)	Lowered Physical reactions (i.e. lethargy)
Elevated Psychological reactions (i.e. thoughts racing)	Lowered Psychological reactions (i.e. depression)
Optimal Human Performance (i.e. the "good stress" factor)	

This instrument can be used in context with Training on Personal Development, Work-Life Balance or Managing Stress. Reports include non-medical tools for decreasing the negative effects of stress responses and provide specific action plans, unique to each person, based on their specific score set.

Why it is unique?

Other stress assessments do not address the three important areas of:

- Lowered Physical reactions (i.e. lethargy)
- Lowered Psychological reactions (i.e. depression)
- Optimal Human Performance (i.e. the "good stress" factor)

If a company decides to offer a "stress check" to employees, it should be comprehensive.