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Paula Ruane ran a series of workshops to support my staff during a difficult management changeover. During this time, I struggled personally with the stress caused by constant challenges from staff over the essential revisions and changes I had to make to my company. The additional private sessions with Paula helped me to achieve a calm mind and body resulting in renewed energy and vigour, increased patience and understanding. The training and support had a positive effect on personal and business relationships – it’s amazing what clarity Paula’s techniques can bring to a world that I had previously thought was normal! What a difference after only a few sessions.

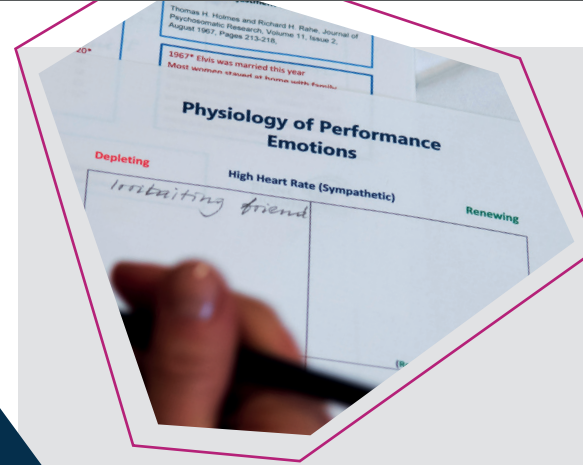
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MD of SME – Estate and Property Management

PAULA  
RUANE



[www.paularuane.com](http://www.paularuane.com)



“Fascinating workshop – really insightful”

## Changing how you manage stress forever

Do you have concerns about your employees’ physical and mental wellbeing?

Is employee anxiety, stress or poor mental health affecting engagement, profitability or productivity?

Are you experiencing increased grievances, absenteeism and reduced performance?

**Now you can give your teams the tools they need to feel calm, focused and in control all day, every day**

PAULA  
RUANE



Resilience Trainer | Speaker

**Work's tough, your targets are challenging and you need your teams to be at the top of their game; physically and mentally.**

You're aware of strategies within your organisation to address these issues, but they are more of a sticking plaster than cure and they're not really helping.

You know that pressures at work and home can hugely affect your employees' ability to perform and feeling overloaded and overwhelmed can lead to burnout.

**But how can you guard against this in a meaningful and tangible way?**



**The Stress Prevention Programme offers straightforward protection against the long-term effects of stress.**

At the first two half-day sessions your team will learn simple techniques which can be used immediately to help them handle pressure, keep focused and stay motivated even in stressful situations. They'll then have two-hour long sessions every month for six months to embed their training and make sure their resilience levels are primed for business and personal success.

*"Very useful and practical training"*



## **PACE, PREVENT, PROTECT**

Run over two half-days • Groups of up to twelve people • Clear learning outcomes

The **Stress Prevention Programme** will teach you science-backed techniques and practical strategies to implement better decision-making, boost energy and establish core resilience.

Your mental, emotional and physical wellness will benefit from training which will enable you to:

- Tackle challenges head-on
- Find clarity in any situation
- Improve communication at work and home
- Reduce feelings of stress and overwhelm
- Feel more in control
- Enhance your overall wellbeing

The next step of the programme is booking the "reflect, realign sustain" sessions.



## **REFLECT, REALIGN, SUSTAIN!**

Two-hour monthly sessions • For up to six months • 1-2-1 or group feedback

Your bespoke follow-up mentoring sessions are key to ensure **The Stress Prevention Programme's** techniques and strategies become truly embedded and part of your teams' natural responses to stress. Thanks to their training, your teams will be able to build a rock-solid base of increasing mental, physical and intellectual resilience, resulting in:

- Improved communication
- Increased job satisfaction
- Enhanced creativity, intuition and decision making
- Improved health, wellbeing and sleep
- Greater ability to be more in control of their roles and relationships
- Better results and higher employee engagement

For more information on boosting your teams' resilience with The Stress Prevention Programme, or to schedule your first session, please contact [paula@paularuane.com](mailto:paula@paularuane.com)