



Accredited Training

All Inner Voyage Holistic Human Development training courses are IICT and IMTA accredited.



What Your Delegates Will Gain

- Understanding of Stress - What it really is and how it affects them physically and psychologically
- Simple yet powerful stress management techniques
- Positive thinking and Motivational tools
- Ability to build and maintain strong and effective teams
- Ability to set and achieve goals
- Effective communication skills
- Improved time management skills
- Become more solution focused (problem solving skills)
- Better health and a greater sense of wellbeing (less sick days)
- More enthusiasm

Contact Us

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Inner Voyage
Holistic Human
Development

Corporate Stress Management
Training
www.inner-voyage.com

INNER VOYAGE

HOLISTIC HUMAN DEVELOPMENT



Corporate Stress Management Training

Inner Voyage
Holistic Human Development



What are the benefits for your business?

- Greater levels of productivity
- Less absenteeism
- Stronger teams
- Increased loyalty
- Better staff relations and less staff turnover
- Reduce work place compensation claims
- A happier, healthier workplace

We can provide legitimate statistics and clinical research results that prove, providing your employees with professional stress management training results in significant improvements in staff morale, team work, attendance rates and productivity levels. We can also tell you exactly why, just ask us.

Effective, Professional Training in Your Workplace, or at Ours

We can conduct a series of six, one hour training sessions, 2 x three hour training seminars or a full (6 hour) training day at your business premises or we can provide a venue for you.

“80% of workers feel stress on the job; nearly half say they need help in learning how to manage stress.”

Employee Survey Results

- There are more errors at work because of stress according to 42% of workers.
- Stress causes more arguments among coworkers say 34% of workers.
- 28% of workers say people are calling in sick because of stress.
- Attendance problems are related to stress according to 26% of workers.
- 63% of workers say their personal lives have been affected by job-related stress.
- 60% of workers say their jobs have negatively affected their physical and emotional health.



Our Business is About Assisting Your Business to Succeed

It is well known that any business is only ever as strong as its weakest link.

Successful employers understand that money spent on effective staff training is money well invested.

We can work with you to develop a program that suits your individual business, your staff and also your budget.

Our Corporate Training Sessions provide very reliable, non-sectarian, information through an interactive format that provides participants with immediately applicable tools.

The process is enjoyable, inspiring and shows immediate results.

This workplace training program is suitable for people in all industries, of any age, from all cultural and socioeconomic backgrounds and of any religion.

All Inner Voyage training material is based on scientific research, clinical evidence, positive psychology and decades of practical experience.