

# ANTI-STRESS PROGRAM

Emotional and professional burnout!

Prevention and recovery



## In the program:

Individual diagnostics of emotional and professional burnout

Development of individual algorithms for recovery **IQ** **EQ** **VQ** - Resources

Implementation of individual algorithms and support to the result

### RESULT

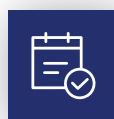
- Reducing the level of anxiety and irritability
- Restoring the resource
- Improving physical and emotional health and mood
- Finding new communication strategies with colleagues, partners and team
- Skills to quickly relieve and transform stress activation of intuitive potential
- Activating Intuitive Potential



The duration of the program is  
**3 hours**  
of individual work



Cost for 25 people  
**19 777**



Terms of the program implementation  
**2 – 4**  
weeks



Duration of warranty service up to  
**3 months**



Warranty service to strengthen and maintain the result  
**+ 7 hours**