

## **COPING WITH STRESS COACHING**

The difference between Stress Management and Coping with Stress coaching is the support provided to participants (One-on-One) to ensure action plans are followed and success is accomplished.

Traditional training focuses on discovering your stressors and creating an action plan regardless of your communication and dealing skills.

In our Coaching Program, we approach solutions for all the areas of time management mentioned below.

**MARRIAGE AND FAMILY LIFE STRESS**

**HEALTH STRESS**

**HOME STRESS**

**TIME STRESS**

**EMPLOYMENT STRESS**

**FINANCIAL WELL-BEING STRESS**

**NEIGHBORHOOD AND COMMUNITY STRESS**

**HEALTH ATTITUDES STRESS**

**WORK COMMUNICATION STRESS**

**WORK CLOSENESS STRESS**

**WORK FLEXIBILITY STRESS**

**WORK SATISFACTION STRESS**

The class starts with general information related to Stress and Stressors, as well as coping mechanisms, understanding conflict and negotiation skills for conflict resolution.

It is followed by weekly 15 to 30 minute meetings to assess the success of the current action plans established for changes, and to fine-tune and refocus, if necessary.

ALL action plans are customized to each participant's communication style as determined by the DiSC profile.

Progress is tracked weekly in the profile tool to make quick assessments of progress.

**For more information, contact NFA at 704-231-8512**