

## Some Other Services We Provide

- ? Work Site Assessment
- ? Physical/Functional Assessment of Worker
- ? Vocational Counselling and Pre-employment Preparation
- ? Return to Work Planning
- ? Worksite Safety
- ? Pain and Stress Counselling
- ? Back Education Training (group or individual)
- ? Staff Health Checks
- ? HELP (Health Enhancement Lifestyle Program) Workshop

HELP is a programme of classes presented by trained facilitators, which incorporates 12 basic components to leading a healthy, balanced lifestyle. The 12 components are taught and *experienced* – going beyond the usual seminar delivery.

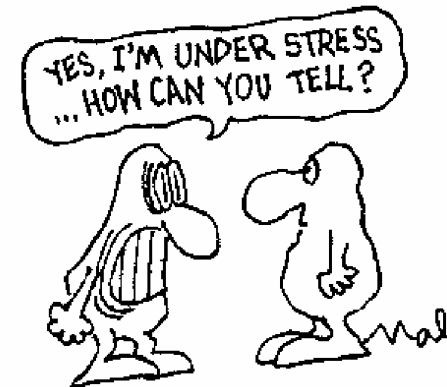
These workshops can be delivered either at your place of employment, or, as part of a team building exercise we could organise a weekend in another locality.

### CONTACT DETAILS:

QE Health, PO Box 1342, Whakaue Street, Rotorua  
Phone: 07 348 0189 Fax: 07 348 4266  
Email: [infoline@qehealth.co.nz](mailto:infoline@qehealth.co.nz) Website: [www.qehealth.co.nz](http://www.qehealth.co.nz) or  
[www.help4health.co.nz](http://www.help4health.co.nz)



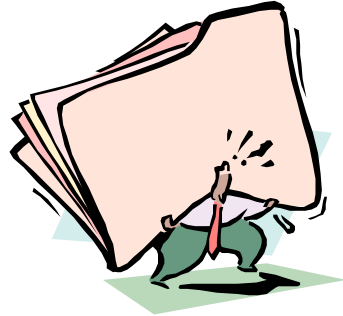
# Stress Management In the Workplace



A Presentation by: **Toni Hocquard**  
**QE Health**

*An investment in the health of your employee  
is an investment in the health of your company.*

## Identifying the Stressed Worker ...



### Do you:

- 1 Feel overloaded at work?
- 2 Dread going to work in the morning?
- 3 Worry about your job while you are away from work?
- 4 Get angry or irritated too often at work?
- 5 Get tired at work without good reason?
- 6 Feel your efficiency levels are down?
- 7 Feel overwhelmed by your job?
- 8 Feel unappreciated by clients and fellow workers?
- 9 Find it difficult to unwind at the end of a work day?
- 10 Find you are often absent from work?

... You may be stressed **NOW!**

Attend a two hour presentation which will introduce you to "FRED" and provide you with the basic tools to recognise and cope with stress.

## Stress Management in the Workplace

Presented as a two hour workshop, this seminar covers all aspects of:

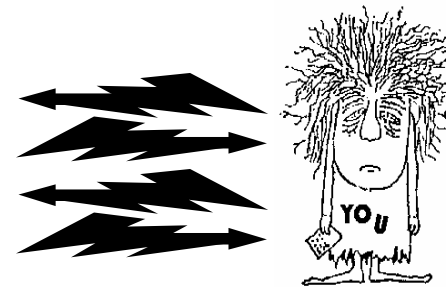
- ? Stress
- ? Exercise
- ? Nutrition
- ? Time Management
- ? Problem Solving Techniques
- ? Communication
- ? Sleep Support
- ? Goal Setting
- ? Relaxation

One of our most accomplished speakers presents the workshop which is accompanied by a comprehensive workbook.

**Cost: \$390.00 plus GST Maximum 30 per group**

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**BURNOU**



Migraines  
Heart problems  
Ulcers  
Open conflict  
Depression  
Job termination