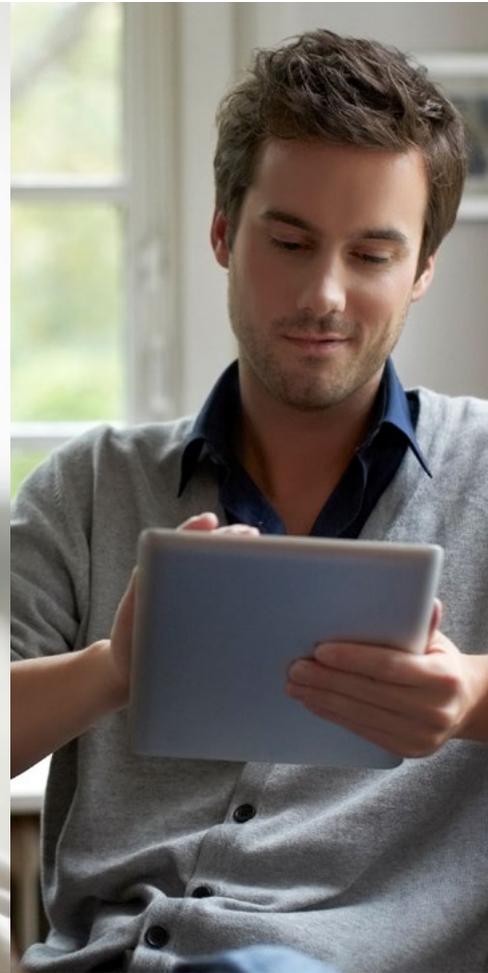
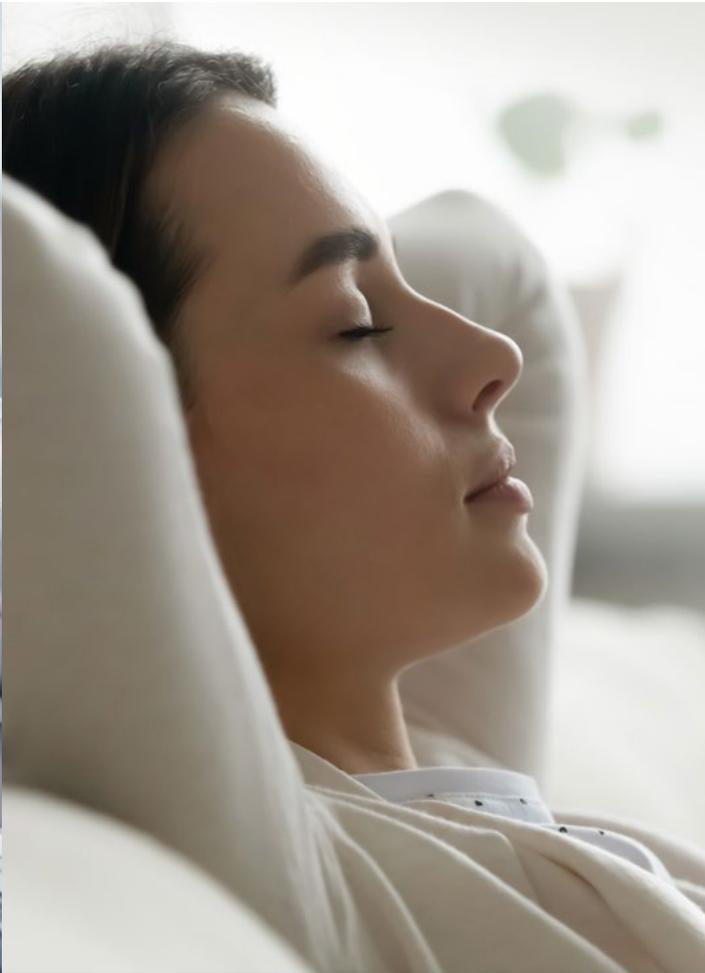




Reduce Stress & Increase Resilience



CREATE CALM AND BUILD RESILIENCE.

We have several courses of varying lengths and intensities depending on your needs, such as *Stress 101*, *Advanced Stress Management*, and *Stress Management for Healthcare Workers*.

For those who consistently struggle with stress, the following 3-week video-based training course, *Managing Stress, Building Resiliency*, has unprecedented outcomes to help you quickly bounce back and thrive.

WHAT'S INSIDE

- ▶ **Why It Makes Sense:** The key reason to say “Yes” to this course | p. 2
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A scientific solution
from trusted
behavior-change
experts.



The issue at the root of poor stress management and low resiliency is emotional, not practical.

When someone deals with stress poorly, they unconsciously train parts of their brain to keep dealing with stressful situations in the same self-defeating manner—even though the result is detrimental.

Our evidence-based training gives you the knowledge, cognitive skills, and tools needed to:

- A. Retrain your brain** to respond to stressful situations by using them as a source of empowerment instead of disruption and pain,
- B. Take control** of the situation in a productive manner.

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.

“The program was very helpful and I needed it more than I thought I did. I did it for points on insurance but the benefit was way above just the points received. I have been able to better look and assess my stressors better than ever before. Great course!” – Course Participant

We make it simple for you to participate and stay on course.

The course features highly engaging prerecorded video instruction from a board-certified physician and a cognitive-behavioral training expert. The training sessions simulate a live one-on-one coaching experience and are private, convenient, and effective.

- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support



Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

Course Overview and Instructors

Session Listing

8

Sessions

3

Weeks

2-3

Hours
per week

Session 1. Time to Steady the Ship

This course doesn't keep the storms from coming but shows you how to remain calm and confident when they do.

Session 2. You Are Shielded

We all have natural protectors in life. Learning how to utilize and care for them is key.

Session 3. There Are Two Main Ways We Cope in Life

When we rely too much on one natural protector, we tend to become stuck.

Session 4. We Spent More Time "Above the Line" as Children

So how do we recapture that mindset while still taking responsibility in life?

Session 5. Are You Ready for Your Close-up?

Have a seat and begin filming the movie of your life as you want it to be, scene by scene.

Session 6. Two Questions

Ask yourself these questions whenever a new stress-producer pops up.

Session 7. It's Time to Get Off Auto-pilot

Past beliefs create knee-jerk, automatic reactions to situations in the present.

Session 8. Being Connected

Embrace the eight characteristics of being a Self-Leader to connect with yourself and others.

Course Instructors



Dr. Diane L. Hambrick

guides participants throughout the course and provides them with all the knowledge needed for success. Dr. Hambrick is a longtime family medicine practitioner based in St. Helena, CA specializing in addiction management and mental health.



Lou Ryan

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. He has helped thousands of people gain control over alcohol, tobacco, and stress, and he helps participants transition to a more calm, peaceful, and empowered life.

How Does this Course Impact People Like You?

Which of these bothers you the most?

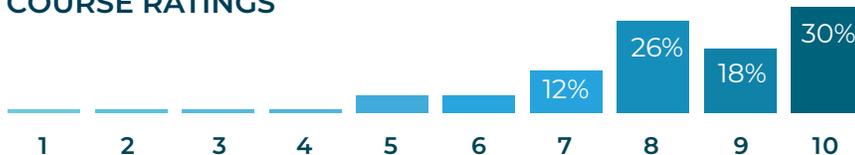


The numbers tell a story of healthier outcomes

We wanted to know: How does this course impact participants? We surveyed over 7,500 participants over 6 months, and the results show real, measurable change.



COURSE RATINGS



95% would recommend this course to friends & family

Learn more at: <https://www.avidonhealth.com>