



# Coping & Stress Profile®

## Helping People Manage Personal and Work Stress

Today's workplace demands high performance of its employees, but that no longer means putting work ahead of everything else. Organizations formerly disregarded the need to balance life outside of work and accepted the fact that productivity suffered as a result.

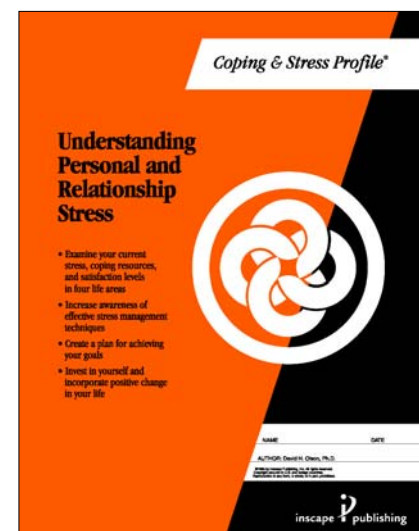
Today's more dynamic, team-oriented organizations require flexible, creative, sustainable performance, the kind that comes with people who know how to balance the urgent demands of work life and personal life without sacrificing either.

### Explore Coping in Four Life Areas

The *Coping & Stress Profile*® is a unique, self-directed learning instrument that provides people with valuable feedback on stress and coping in four interconnected areas of life: Personal, Work, Couple, and Family.

The profile uses an engaging process of personal learning that

- provides critical insight into how stress in one area of life impacts other areas
- examines how coping resources in one area can be used to decrease stress in another
- shows the relationship between stress, coping resources, and overall satisfaction



## Discover the Power of Relationships

Other stress management approaches focus primarily on using personal coping resources such as exercise, nutrition, and building self-esteem to deal with stress. The *Coping & Stress Profile*<sup>®</sup> focuses on relationship coping resources as the most effective and consistent response to stressors identified in all four life areas.

## Learn Four Key Coping Resources

Four key relationship coping resources are problem-solving, communication, closeness, and flexibility. Research shows that individuals who are most effective in managing stress in all life areas use their relationship coping resources effectively and do not over-emphasize personal coping resources.

## Improve Performance and Increase Satisfaction

The *Coping & Stress Profile* helps people in organizations

- discover stress issues in each life area and capitalize on coping strengths to manage stress
- learn to minimize or eliminate common daily stressors
- identify areas for coping skills improvement
- develop flexibility in responding to change
- communicate more effectively to improve problem-solving
- build mutually supportive relationships

## Related Products

The *Coping & Stress Profile* Facilitator's Kit provides everything trainers need to administer the *Coping & Stress Profile* in facilitated sessions. The kit includes research and technical background, a fully scripted seminar, presentation materials on CD-ROM, and two profiles. Contact your Inscape Publishing Authorized Distributor for details.

## Inscape Publishing

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