

STRESSWINNER™



Stress Reduction Training

How To Become An Instructor And Authorized Provider

What is StressWinner Stress Reduction Training?

StressWinner Stress Reduction Training is a series of courses and workshops based on the knowledge and insight of Dr. David Rainham, an internationally recognized expert on the subject of stress. Having identified that 80% of physical complaints reported to family physicians are the result of harmful stress levels rather than disease, Dr. Rainham developed a passion for helping people reduce their stress so they could experience a high quality of life with optimal health.

Who Can Become An Instructor/Facilitator?

Anyone can become a facilitator of StressWinner training! There is no required previous experience or level of education as the course materials are designed to be straightforward and easily accessible to as many people as possible. We are simply looking for individuals who care about empowering people with knowledge and skills that will reduce their stress and improve their health.

Some people become facilitators so that they can internally train individuals within their own organization. Others take the training so that their company can offer StressWinner courses as a service and use it as an income opportunity. Some start small businesses and others provide the training to at-risk populations through charitable organizations. There are many ways to use your training as a StressWinner facilitator, both as a business opportunity and as an opportunity to contribute towards the development of healthy communities.



Can A Company Become An Authorized Provider?

Facilitators are Authorized Providers meaning that they have been trained to run the courses and are then free as individuals to provide the training where they wish. Companies wishing to offer StressWinner training must simply have a trained facilitator on staff and teaching the material. As Authorized Providers facilitators have direct access to ordering training materials as well as access to additional facilitator resources and support tools. Only certified facilitators trained by a StressWinner Master Instructor Trainer are authorized to provide StressWinner training.

How Does A Facilitator/Authorized Provider Run A Course?

StressWinner training is offered in 6-hour, 3-hour, and 1-hour formats in order to meet diverse scheduling needs. Facilitators determine the date and time of courses on their own or in partnership with their clients. The course material is appropriate for both youth and adults and there is no limit on the number of people who can participate in a single course, whether it's 1 or 1000.

Facilitators use their Authorized Provider number to order the necessary training materials online or by phone. Participant packages include student manuals and certificates of participation are issued for training 3-hours or more in length. Student packages are low-priced and affordable to make the training accessible to individuals of all income levels. Facilitators determine based on their own operating costs how much they will charge participants. Facilitators are equipped during their training with tools including PowerPoint presentations and a facilitator manual filled with resources to empower them to run successful and engaging courses.

After the completion of a course facilitators are required to submit a record of their training made up of basic information including location and number of participants for statistical purposes. Facilitators offering courses open to the public can submit the course information beforehand and StressWinner will list it online as a training option for people looking for opportunities in their area.

"I have been absolutely blown away by the impact the course material has had on people in my classroom. It's a lifeline for many people who were terrified about their physical or mental health, thinking there was something wrong with them. I have had participants leave with their manuals hugged to their chest. They found hope in what they learned from StressWinner."



Do I Have To Recertify As An Instructor?

No! Once you have completed your 16-hour training course you do not have to recertify at any point. To maintain your status as a facilitator and Authorized Provider you must simply keep your knowledge and skills active by teaching three courses within a three year period.

What Does The StressWinner Curriculum Cover?

Knowledge is power, and the more information and insight individuals have the more they are equipped to reduce their stress. StressWinner has the following three time formats for empowering participants.



StressWinner Stress Reduction Training (6 hours)

Foundations Module (3 hours):

- What is stress
- Identify how your stress is currently affecting your physical and mental health
- How to work in partnership with your doctor
- Identifying life events that are contributing to your stress
- Identifying lifestyle choices that are contributing to your stress
- Identifying attitudes and thought patterns that are contributing to your stress
- Preparing for and navigating your upcoming life changes

Focused Module (3 hours):

- The 12 Key Principles of stress reduction are explored in depth using the stop/start model. Twelve common human patterns/habits that increase stress are exposed and replaced with concrete, constructive steps to take which immediately begin reducing stress and improving both physical and mental health

Participants receive:

Foundations and Focused manuals, certificate of participation

12 Key Principles of Stress Reduction (3 hours)

Focused Module (3 hours):

- The 12 Key Principles of stress reduction are explored in depth using the stop/start model. Twelve common human patterns/habits that increase stress are exposed and replaced with concrete, constructive steps to take which immediately begin reducing stress and improving both physical and mental health

Participants receive:

Focused manual, certificate of participation

Stress Bites (1 hour)

Mini Workshop (1 hour):

- The 12 Key Principles of stress reduction are identified using the stop/start model. Twelve common human patterns/habits that increase stress are exposed and replaced with broad, constructive approaches to take which reduce stress and improve both physical and mental health

Participants receive:

Stress Bites booklet

Wit & Wisdom:

“Health is not simply the absence of sickness.”

Hannah Green

“Knowledge and human power are synonymous.”

Sir Francis Bacon

“In order to change we must be sick and tired of being sick and tired.”

Author Unknown

How Do I Become A Facilitator And Authorized Provider?

The next four pages of this document are the facilitator training application form. Read them carefully to learn more about the facilitator and Authorized Provider guidelines and expectations. After completing the form submit it to StressWinner by email at info@stresswinner.com or call (905) 876-3969 for mailing instructions.



If you work in any of the following professions or organizations you may be particularly interested in becoming a StressWinner Facilitator and Authorized Provider:

Social Work
Counseling
Career Coaching
Skills Link Programs
Police or Public Safety
Justice System
Health Care
Youth at Risk
Parenting Support
Health and Wellness
Faith-based or Religious Leadership
Camping and Recreation
Teacher or Guidance Counselor
Alternative Medicine
Addictions Counseling/Support
Human Resources

Fact:

If you are feeling like the only person who can't seem to handle life without feeling stressed, remember that you are not alone! Stress and its effects have been recorded so extensively that the United Nations described it as an epidemic! As a StressWinner facilitator you can make a difference!

If you have any further questions please contact us:

By Email: info@stresswinner.com

By Phone: (905) 876-3969

To register for Authorized Providers courses please contact us or visit:

www.stresswinner.com/training4%20-%20ap.htm