

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.

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

StressWinner™ Stress Reduction Training Facilitator Training Application Form

Course Information

I would like to register for the following StressWinner™ Facilitator Training course:

Date: _____ City/Location: _____

To learn all currently available training dates and locations please contact StressWinner™ at (905) 876-3969.
Completed applications can be emailed to info@stresswinner.com.

Personal Information

Name: _____

(As you would like it to appear on your certificate)

Mailing Address: _____ (street address)
_____ (city, province/state)
_____ (postal code)
_____ (country)

Phone Number: (____) _____
Alternate Number (optional): (____) _____

Email: _____
(This email will be used for all StressWinner™ communications as an Authorized Provider)

Date of Birth: ____/____/____
DD MM YYYY

Health Information

I have the following health concerns which I would like to inform the instructor of in case of an emergency and to empower the instructor to reduce potential risk (ex. Diabetes, heart condition, bad back, etc):

I have the following allergies or intolerances which I would like to inform the instructor of in case of an emergency and to empower the instructor to reduce potential risk (ex. Perfumes, peanuts, dairy, etc):

Do any of your allergies result in anaphylaxis? YES / NO

Do you carry an epinephrine auto-injector (ex. EpiPen)? YES / NO

In case of an emergency please contact: _____ at (____) _____
(Name) (Phone)

Authorized Provider Demographics

Please read the following statements and check all that apply at this time (this information is for statistical purposes only and does not affect your Authorized Provider agreement):

- I have previous teaching, instructing, or facilitating experience*
- My health has been affected by my stress, currently or in the past*
- I am connected to one or more people whose health is currently affected by their stress*

As an Authorized Provider I plan to facilitate StressWinner™ courses...

- For my friends and family*
- As an employee/member of a non-profit organization for fellow employees/members, target populations, or the general public*
- As an employee of a company for other employees within the company I currently work for (internal training)*
- As an employee of a company providing training for employees of other companies (external training)*
- As an employee of a company providing training to the general public*
- As a sole proprietor, running my own business and offering courses to companies and/or the general public*
- Other* _____

Confirmation of Understanding

In signing this document I agree that:

- 1) I have read all four pages of this application document in their entirety.
- 2) I have completed all information on this application form honestly and accurately.
- 3) I understand the explanation of the Authorized Provider agreement, what I will and will not be able to do with the facilitator training that I am applying to participate in.

Name: _____ (please print) Date: ____/____/____
Signature: _____ DD MM YYYY

FOR OFFICE USE ONLY

AUTHORIZED PROVIDER NUMBER: ____/____/____/____/____/____

Course Fee: \$ _____
Meals/Accommodations Fee: \$ _____
Other: \$ _____
TOTAL AMOUNT OWING: \$ _____

Payment Received: YES / NO

(Authorized Provider number will not be released until full payment has been received)

An Introduction to the StressWinner™ Facilitator Authorized Provider Agreement

Before submitting your course application, in order to avoid disappointment or frustration, it is critical that you understand what you will and will not be able to do with your training as a StressWinner™ facilitator and Authorized Provider. Please read the following information carefully. If, after the training, you facilitate courses in a way that conflicts with the following guidelines your Authorized Provider status may be revoked. Violations may even result in legal action.

On page two of this application document you will be signing a statement that says you have read and understand the following:

1) Facilitators of the StressWinner™ programs are individuals who have received training from an approved StressWinner™ Master Instructor Trainer (MIT). Having successfully completed their training the individual is given an Authorized Provider (AP) number that gives them the ability to purchase all required StressWinner™ course materials directly from the distributor, as well as access to the Authorized Provider tools on the StressWinner™ website.

Note: Facilitators are Authorized Providers. No person will ever be a facilitator without being an Authorized Provider. No person will ever be an Authorized Provider without being a facilitator.

Note: Authorized Providers can purchase any needed course materials through the AP link on the StressWinner™ website or by contacting the distributor by phone. Payment can be made by credit card or APs can establish an account that allows them to make purchases with 30 days to complete payment.

2) As a facilitator with direct access to the tools you need to run courses you will have the ability to provide training in many capacities. You can provide training within the company you work for, helping to reduce stress in the workplace in a cost-effective manner. You can provide training to other companies, listing StressWinner™ courses as another service that your organization offers and make a profit. You can provide training as a non-profit organization, making courses available to targeted populations or the general public. You can start your own business marketing StressWinner™ courses to companies and/or the general public for a profit. You can even become a facilitator simply for the ability to start sharing the information with your friends and family, helping them to reduce their stress and experience better health.

Note: Becoming an Authorized Provider of Stress Winner™ programming is an excellent way to build your resume and be more employable. AP's can also choose to have their contact information listed on the StressWinner™ website for companies looking for a facilitator to run a course or to hire for part-time and full-time positions.

3) As a facilitator you, and you alone, are able to purchase course materials and facilitate courses. You may not purchase course materials for resale. You may not train any other individuals to run StressWinner™ courses. Any APs discovered doing this will immediately have their AP status revoked.

Note: Authorized Providers are able to purchase other StressWinner™ materials (ex. books published by Dr. David Rainham) at discounted prices for personal use or for resale. AP's are also given a coupon code which they can distribute to anyone who wishes to purchase materials from the StressWinner™ website (ex. course participants). Any purchases made using the AP's coupon code will result in a portion of the sales being given to that AP. Any APs who do not wish to make money in this way, or who would not be able to due to a conflict of interest (ex. non-profit organization, government funding, etc) simply do not distribute their coupon code.

4) You may only train other individuals to become facilitators and Authorized Providers of the StressWinner™ courses if you are Master Instructor Trainer. To apply for MIT status you must have been a StressWinner™ facilitator for a minimum of five years, have facilitated a minimum of 50 courses, and provided training for a minimum of 2000 participants. Facilitators may receive an invitation to apply for MIT status earlier at the discretion of StressWinner™.

Note: Companies who wish to provide StressWinner™ courses must have one or more Authorized Providers on staff facilitating those courses. If that company ceases to have an AP on staff they may not provide StressWinner™ training. StressWinner™ also assists companies looking for facilitators in their area to provide training on a contract basis as opposed to having a facilitator as a member of their full-time or part-time staff. All facilitators have the choice whether they would like to make their contact information available for others to approach them with additional work opportunities.

- 5) Authorized Providers must register every course they facilitate through the StressWinner™ online course tracking system recording the date, location, time, and number of participants within 30 days of the course's completion. Failure to do so may result in the AP's status being revoked.
- 6) Authorized Providers are representatives of StressWinner™. If an AP is facilitating their courses or conducting business in a way that does not hold StressWinner™ in high esteem or that violates their AP agreement, StressWinner™ will follow up with the AP regarding any concerns. Depending on the concern this may result in the AP's status being revoked.
- 7) StressWinner™ wants to ensure high quality programming is delivered to all course participants. In order to achieve this, StressWinner™ provides facilitator training from experienced professionals and equips facilitators with multiple tools, in hand and online, for success. Professional development opportunities are made available on occasion for facilitators wishing to learn more and increase their knowledge and expertise regarding stress.

Note: StressWinner™ reserves the right to observe any courses being offered and may do so in one of two ways. First, they may register a participant who is a representative of StressWinner™ to take notes regarding the meeting of AP requirements as outlined in the AP agreement and to provide facilitator feedback. StressWinner™ representatives will introduce themselves at the completion of the course. Second, they may contact an AP to give them notice that a StressWinner™ representative will be sitting in on their next class as an observer, but not participating. They will introduce themselves before the course begins and will not interfere in any way with the training. Any APs reviewed will receive a summary report within 30 days of the observation.
- 8) StressWinner™ wants to continually improve its programming and provides multiple lines of communication for receiving feedback. Most participant packages include an evaluation form which must be distributed and filled out. The purpose of the evaluation form is mainly for the facilitator to receive constructive feedback, however there are also questions soliciting participant feedback regarding the curriculum and training materials themselves. AP's are asked to submit any spelling or grammatical errors, discrepancies, or problems with the course materials reported by course participants through the AP Feedback link on the StressWinner™ website and to provide their own feedback and suggestions for improvements as well.
- 9) Authorized Providers may sell other products or services besides StressWinner™ training, however the courses are never, at any time, to be used as a platform for sales outside of the StressWinner™ materials. Any recommendations for other products or services must be made before or after a course, never during it, and the facilitator must make a clear distinction between StressWinner™ products/services and outside products/services. Any facilitator discovered to be making product recommendations (ex. health products, exercise programs, sleeping aids, etc) during a StressWinner™ course or without making a distinction between the source of the products or services may have their AP status revoked.
- 10) In order to maintain your Authorized Provider status you must have taught a minimum of three StressWinner™ courses within the last three years. Any AP's at risk of losing their AP status will be given 6 months notice before having their AP number retired. AP's wishing to continue after three or more years without facilitating must participate in the StressWinner™ Facilitator Training again.
- 11) Any time significant changes are made to StressWinner™ materials, AP's will be given 3 months notice before the changes are implemented or new materials distributed. StressWinner™ does not purchase back any materials from APs, however any APs with older materials in stock will be able to continue using those materials for up to 2 years after the release of new materials. They are able to sell purchased course materials to other AP's through the AP link on the StressWinner™ website.
- 12) Authorized Providers will be required to read and sign a full AP Agreement including a code of ethics before they will receive their AP number. This agreement mutually protects the AP and StressWinner™.

Please return to page 2 to sign your application, indicating you have read and understood the above statements.