

What makes this program different from other stress management programs?

- Our program provides practical strategies, practices and exercises using a combination of holistic methods that include emotional intelligence, neuroscience, earth wisdom, mindfulness and more.

What can I expect to gain from taking this program?

- Identify and reduce unhealthy stress in your workplace and home.
- Build awareness of good, bad and excessive stress.
- Heighten capacity to navigate an overactive brain.
- Shift from being hijacked by stress to taking charge.
- Build on and reclaim your resilience muscle.

What content does this program cover?

- What is stress? What is the impact of stress?
- Shedding light on hidden stressors and becoming more self-aware.
- How to tackle stress? How to face life's challenges?
- How to overcome old unhelpful beliefs and thinking patterns?
- How to uncover your strengths in coping with life's demands and choose strategies that are right for you?
- How to develop a healthy, positive self image?
- Learn and integrate practices and strategies to build resilience.

How much time will I need to dedicate to the course material, homework each week?

- We suggest that that you put aside about 2-3 hours a week to do readings, exercises and practices. You may wish you to dedicate 20 - 30 minutes a day each week, or all at once. It's up to you. You decide.

Is this program primarily for workplace stress?

- No, this applies to all aspects of your life, your workplace and personal life.

What day of the week will the content be posted and how long do I have access to it?

- The content will be uploaded each week. You will have access to the new material each Monday morning. The content will stay for the duration of the program plus one week.

How do I access the videos and program material?

- Once you register, you will be given access to a Secret Facebook Group.
- We chose to use a Secret Group because the group cannot be seen, and this preserves member privacy.
- If you don't have a Facebook account, it's easy to create an account just to join the group. Only group members can see the group, interact and access.
- Instructions will be provide once you register on how to download the material.

How long do I have access to the material once the program is completed?

- You will have access to the material for the duration of the program plus one week.

What if I am having technical difficulties?

- You will be able to ask for help through the Facebook forum.
- You may also reach us at [contact@rrforlife.com](mailto:contact@rrforlife.com) or [lucy@fosteressence.ca](mailto:lucy@fosteressence.ca)

Will I be able to ask questions?

- Yes, we encourage full participation throughout the program.
- All questions are welcome, we learn through ongoing dialogue and engagement.