



Enlighten. Encourage. Enable.

stressSCANSM

It is important to realize that optimal health and wellness encompasses more than just physical well-being — it includes social, spiritual, behavioral, and intellectual health. Based on over 20 years of research, the results of the StressScan provide an individual scorecard of important health resources and health risks shown to be associated with job burnout, physical illness, depression, anxiety, absenteeism and psychological well-being.

» APPLICATIONS

StressScan is an ideal assessment tool to be used for executive/management coaching, stress management workshops, leadership development programs, outplacement counseling, wellness, research, and employee health promotion programs.

StressScan is a quick, yet reliable way to identify the psychosocial factors that help individuals withstand the adverse effects of daily stress. Adapted from the Stress Profile published by Western Psychological Services (WPS), **StressScan** provides targeted information about specific lifestyle and health behaviors that might be contributing to stress-related illnesses for particular individuals.

Who are the Hardy?

This validated **StressScan** self-report inventory measures critical stress, lifestyle practices and coping scales. It also generates scores expressed as Health Risk Alerts and Health Protection Resources. These scores are particularly useful in organizational settings – as part of wellness, health promotion, and stress management programs. **StressScan** is also useful in clinical settings, where physical and psychosomatic problems must be evaluated. An optional computer report provides detailed treatment recommendations that give the individual and the organization specific steps to take in order to reduce stress and maximize health.

» SCALES

- Work / Life Stress
- Lifestyle Habits
 - Physical Activity / Exercise
 - Eating / Nutrition
 - Rest / Sleep
 - Preventive Practices
 - Smoking
 - Substance Abuse
- Social Support
- Cognitive Hardiness
- Type A Behavior
- Coping Style
 - Positive Appraisal
 - Negative Appraisal
 - Threat Minimization
 - Problem-Focused Coping
- Psychological Well-Being
- Response Distortion
- Health Risk Alerts
- Health Protection Resources



Once your clients' strengths and developmental needs have been identified, boost their plan for success with the new **Talent Accelerator**. Talent Accelerator (used in conjunction with StressScan) is a comprehensive online resource system well equipped with competency-based references including books, web sites and other valuable enhancement tools, to help transfer awareness into real behavior change. Your clients create and measure goals, incorporate meaningful suggestions and sustain focus on their professional development using the resources and self-directed development planning system exclusive to Talent Accelerator.

» FEATURES

Brief and Comprehensive

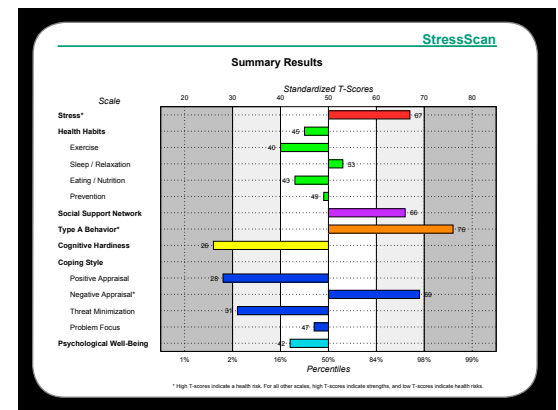
- 123 items measuring stress, lifestyle, health and coping scales
- Established scale reliability and validity

Research-Based

- Theory based scales
- Extensive research base demonstrating associations with physical health, absenteeism, job burnout, depression, immune response and psychological well-being

Comprehensive Feedback Report

- Large international normative database
- Narrative section providing individual interpretation
- Health resources and health risk section
- Developmental Action Plan



"Envisia's tools are simple and easy to use... I appreciate the variety of tools, so that I may select just the right one based on my clients' needs. It allows me to focus on coaching and development and not administering an electronic tool."

—Janet L. Polach, Ph.D., President, Leadership Solutions, Inc.

About Management Centre of Asia Pte Ltd

Management Centre of Asia Pte Ltd, is a provider and developer of innovative, high-quality people and process solutions consultants and business professionals working with individuals, teams and organizations.

We provide a variety of customized and off the shelf products in the areas of 360 degree feedback; personality, career and stress assessments; survey solutions and online performance management systems — all customized and branded to meet your needs.