



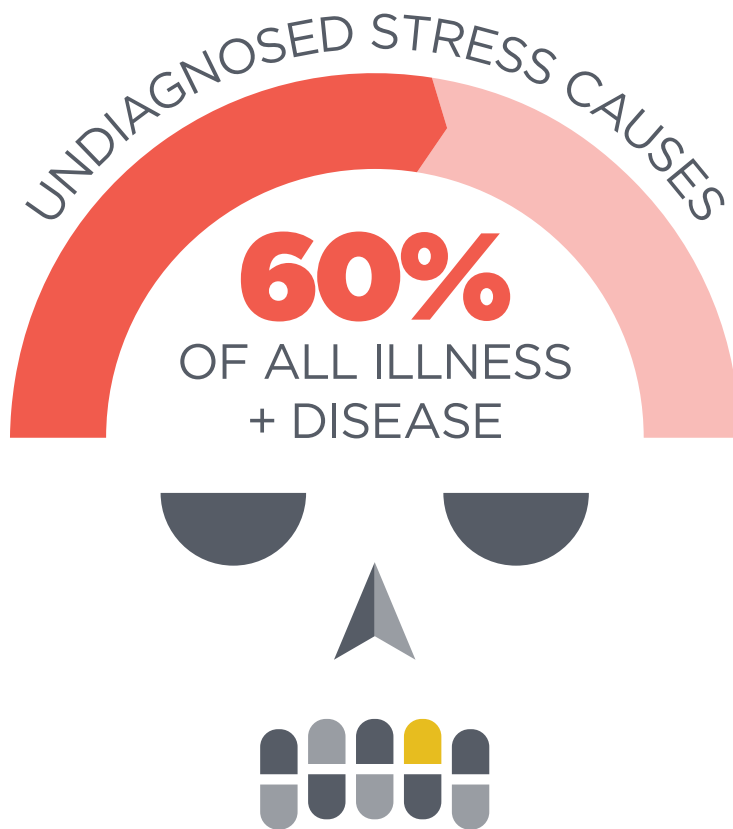
TTI SUCCESS INSIGHTS®

7 Things You'll Discover About
STRESS
By Using Stress Quotient™

Provided by:



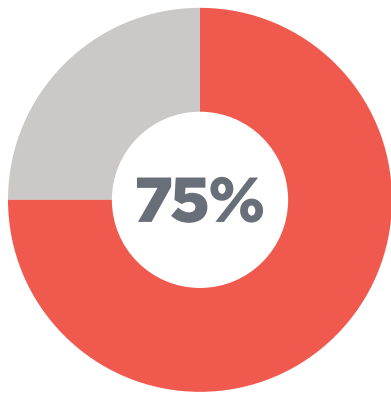
Are you suddenly feeling not yourself at work? Maybe your friends and family have commented that they're worried about you. Does your team, department or entire company seem distracted and anxious? Is morale low?



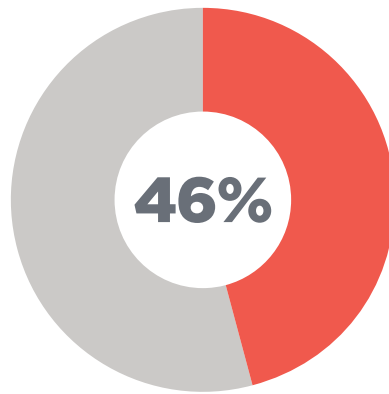
*Stress, in small amounts, can be motivating and productive. **But excessive stress is crippling, and you may not even know it's there.***

A 2013 survey by the American Psychological Association's Center for Organizational Excellence found that job-related stress is a serious issue.

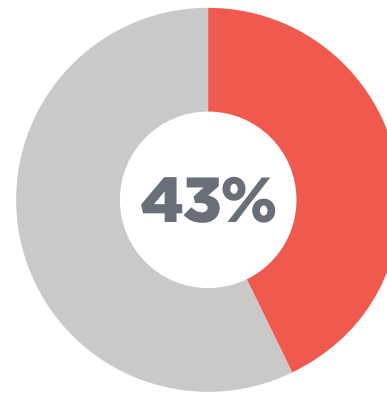
More than one-third of working Americans reported experiencing chronic work stress, and just 36 percent said their organizations provide sufficient resources to help them manage that stress.



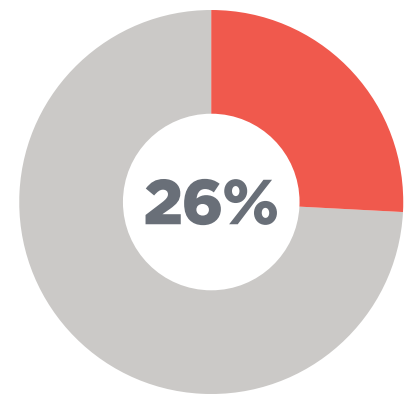
**Report experiencing
at least one stress
symptom in the
last month**



**Feel depressed or
sad due to stress in
the last month**



**Say stress has kept
them awake at night
in the last month**



**Say stress has
increased in the
past year**

Stress in America Report, APA 2015

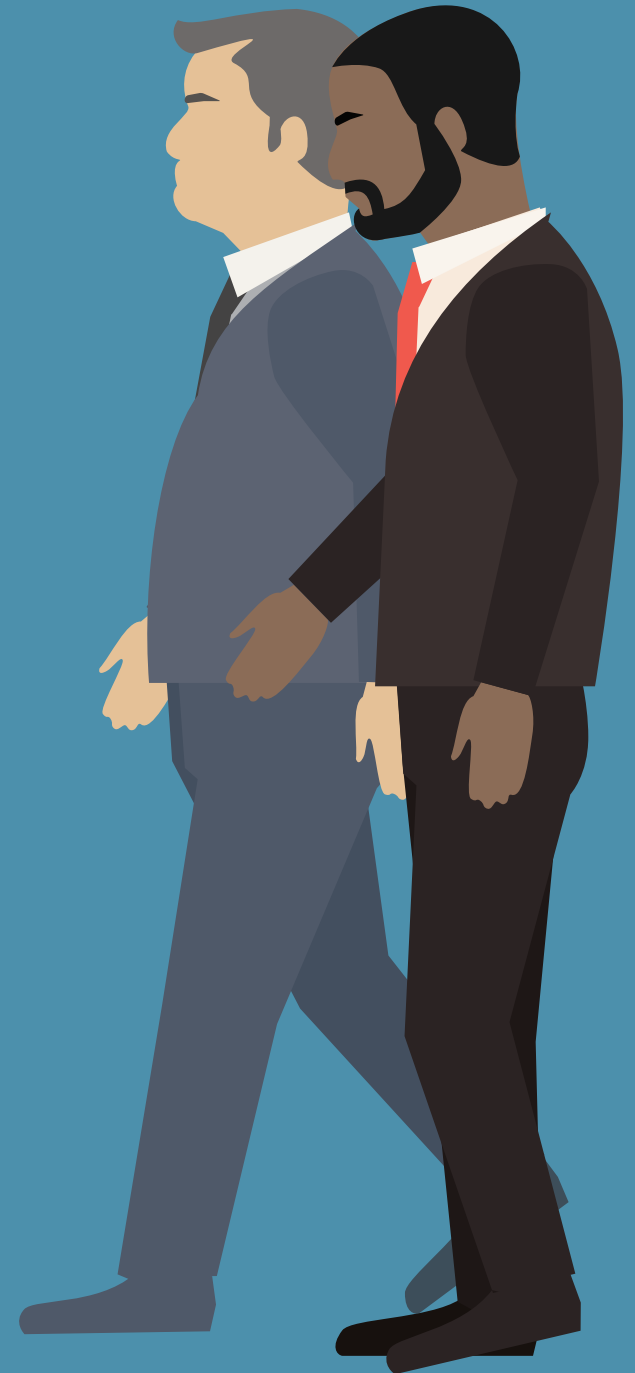
If you don't fully recognize stress and measure it, how can you identify it in your organization?

And how is your director of HR, or CEO going to truly understand the corrosive effect stress is having on everyone?



STRESS QUOTIENT™

Workplace stress can have a profound effect on productivity and engagement in the organization. **Following are 7 things you'll discover about stress using the TTI SI Stress Quotient diagnostic assessment.**





*You'll learn where
your stress is coming
from, and what it is
impacting.*

After assessing seven key stress sources, you'll know which one is causing you the most stress, and you'll have prompts for how to address it.



You will discover how intense individual and group stress levels are.

This helps identify stress hot spots in work groups, departments or the entire organization so you can compare and contrast.



*You and your team will
begin communicating
about stress.*

Once you understand where stress originates and the intensity of it, you can openly discuss the effects experienced at work and how everyone is coping.



You'll determine how stress is impacting productivity.

Engagement and morale in your company are the lynch pins of productivity. When they are hampered by stress, productivity will be affected.



You'll see if demands at work spur collaboration or cause fights.

When demands are high, stress builds and responsibilities increase.



*You'll know if the
people around you
feel rightly recognized.*

People want to be recognized in different ways — and the manner you are recognizing them might not be resonating, causing stress.



*You'll uncover issues
you thought were
resolved — but aren't.*

You can't repair what you don't know is broken. Stress can fester when issues remain unresolved in people's minds.

*Understanding that stress exists in your life or work is just **NOT** enough information to conquer it.*

By taking a deeper look at the types of stress, the sources of stress and the levels of stress within the organization, **you can create meaningful change** to guard against the inevitable outcomes of stress unabated.



To learn more, visit
MeasureYourStress.com
or call 804-360-8032



STRESS QUOTIENT™

MeasureYourStress.com