



### Coping and Stress Profile® Applications

- Change Management
- Coaching
- Communication
- Management Development

# Coping & Stress Profile®



## COPING & STRESS PROFILE®

Today's workplace demands high performance of its employees, but that no longer means putting work ahead of everything else. Organizations formerly disregarded the need to balance life outside of work and accepted the fact that productivity suffered as a result.

Today's more dynamic, team-oriented organizations require flexible, creative, sustainable performance, the kind that comes with people who know how to balance the urgent demands of work life and personal life without sacrificing either.

## EXPLORE COPING IN FOUR LIFE AREAS

The *Coping & Stress Profile*® is a unique, self-directed learning instrument that provides people with valuable feedback on stress and coping in four interconnected areas of life: Personal, Work, Couple, and Family. The profile uses an engaging process of personal learning that

- Provides critical insight into how stress in one area of life affects other areas
- Examines how coping resources in one area can be used to decrease stress in another
- Shows the relationship among stress, coping resources, and overall satisfaction

## DISCOVER THE POWER OF RELATIONSHIPS

Other stress-management approaches focus primarily on using personal coping resources such as exercise, nutrition, and building self-esteem to deal with stress. The *Coping & Stress Profile* focuses on relationship coping resources as the most effective and consistent response to stressors identified in all four life areas.

## LEARN FOUR KEY COPING RESOURCES

Four key relationship coping resources are

1. Problem-Solving – the ability to deal directly with, not avoid, the problems you face and make positive changes to resolve them
2. Communication – the ability to honestly share thoughts and feelings with others to promote mutual understanding
3. Closeness – a comfort level with others and the ability to connect with people in your environment
4. Flexibility – an openness and ability to respond to change

## IMPROVE PERFORMANCE AND INCREASE SATISFACTION

The *Coping & Stress Profile*<sup>®</sup> helps people in organizations:

- Discover stress issues in each life area and capitalize on coping strengths to manage stress
- Learn to minimize or eliminate common daily stressors
- Identify areas for coping-skills improvement
- Develop flexibility in responding to change
- Communicate more effectively to improve problem-solving
- Build mutually supportive relationships

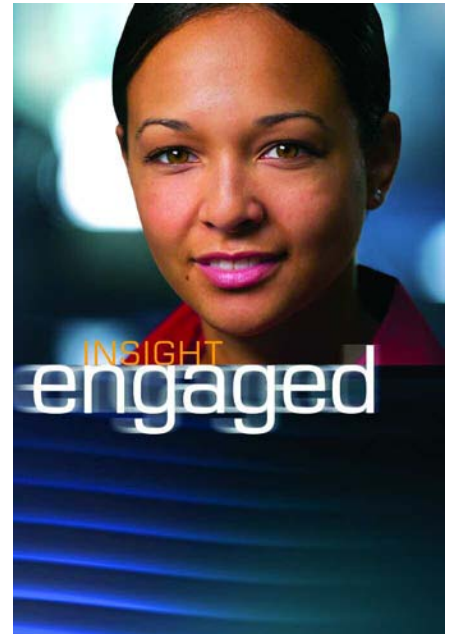
## AVAILABLE REPORTS

### Coping & Stress Profile<sup>®</sup>

The *Coping & Stress Profile* is a 32-page learning instrument that helps people explore coping and stress in four life areas.



indicates report is available on paper



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