

# Super Stress Solutions

*Cutting Edge Strategies To Transform Your Life.*

<http://www.superstressolutions.com>

## STRESS, JOB & PERSONAL

### A. Treatment Outcomes

- 5 Maximum
- 4 Significant
- 3 Moderate
- 2 Slight
- 1 None

Overall Satisfaction Rating 4.1

### B. To what extent do you believe the consultant was sensitive and understanding to your needs and took a genuine interest to help you deal effectively with your problems?

- 5 Greatly
- 4 Very much
- 3 Moderately
- 2 Slight
- 1 Not at all

Overall Satisfaction Rating 4.5

### C. Besides your specific symptoms, to what extent do you believe you got additional help in various areas that helped alleviate your symptoms?

- 5 Greatly
- 4 Very much
- 3 Moderately
- 2 Slight
- 1 Not at all

Overall Satisfaction Rating 4.0

**D. To what extent do you believe the consultant was competent and acted in a professional manner in regards to your problems?**

- 5 Very Competent
- 4 Competent
- 3 Adequately
- 2 Slightly competent
- 1 Incompetent

Overall Satisfaction Rating 5.0

**E. How much was your experience with Stress Management and Wellness Consulting different from what you might have experienced in the past or what you might have expected?**

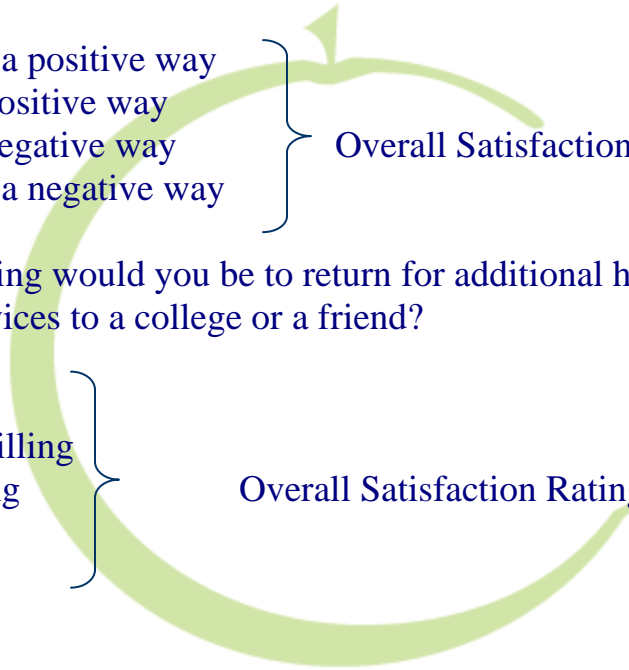
- 5 Very much in a positive way
- 4 Slightly in a positive way
- 3 Slightly in a negative way
- 2 Very much in a negative way

Overall Satisfaction Rating 4.8

**F. How willing would you be to return for additional help or recommend these services to a college or a friend?**

- 5 Very willing
- 4 Moderately willing
- 3 Slightly willing
- 2 Reluctant
- 1 Not willing

Overall Satisfaction Rating 4.8



## YOU GET THE RESULTS

Beyond achieving a significant reduction in job and or personal stress our programs are designed to empower individuals and achieve positive psychology and proactive emotional and interpersonal wellness. Therefore a result of wellbeing is a significant indicator of **Self efficacy** and **improved self esteem**.

Improvement in personal well Being,

Before Treatment



After Treatment



**Testimonials** – What participants say about the consulting they received specific to **Job and personal Stress**.

“I have found the service to be extremely helpful and I have recommended it to other people that I know who have had stress related problems. Thanks for all your help Mark I feel like a new person.”

E.D

“I have learned to manage my life responsibly. To see my worth as more than just academic and professional achievement and to put into practice a new set of skills. This program was a good investment and I am pleased with the progress I have made.”

V.E

“Thank you Mark you helped a lot.”

C.R