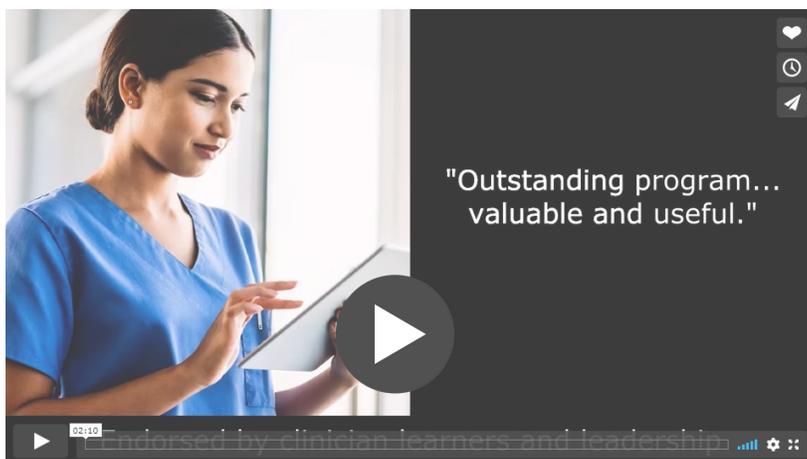


StressPal Frontline Essential Resilience Self-Care and Burnout Prevention

Accredited, personalized training and interactive peer/coach tools

ACCESS

Robust tools
for Your
Healthcare
Teams



A NEW CLASS OF DIGITAL HEALTH TOOLS THAT GIVES HEALTHCARE WORKER ACCESS TO HIGH VALUE PROFESSIONAL DEVELOPMENT AND A SECURE PEER/COACH COMMUNITY , AT A LOWER COST

"Receiving such germane material impressed me and made me feel recognized, validated and that my organization was taking real steps to care for my mental, physical and moral wellbeing" (Care team, user)

READY-TO-USE CONFIDENTIAL DEDICATED COMMUNITY

EXPERT-LED CONTENT - INTERACTIVE VIDEOS - PEER/MENTOR TOOLS

Self-Paced. 12 Contact Hours - AMA PRA Category 1 Credits, ANCC (Nurses), & APA, PLUS 12.0 Interprofessional CEUs, AND Post-Training Support

How can we help you assess this tool for adoption?



CONTACT

94% of learners report having benefited from practicing the strategies taught in this program, and being able to apply three or more evidence-based strategies in the presence of stress-triggered responses.

Why Adopt and Implement StressPal Frontline Across the Workforce

High levels of stress are widespread across healthcare workers, impacting safety, performance and retention.

StressPal Frontline is highly rated by clinician and care team participants across multiple metrics.

Evidence-based resilience training is effective and durable to improve wellness, communication and problem-solving, and reduce symptoms of burnout.

Tailored and branded for your coaches, mentors and teams, at no additional cost.

We are here to help you assess this tool for adoption and implementation with clinicians, care teams, support staff and administrators.

WHAT MAKES THIS DIFFERENT

- **Confidential, accredited professional development**
- **Brain-based, leading flexibility-based training for durable change**
- **Customized community for your teams and mentors to interact, on any device**



training@stresspal.com

Institutional and individual flexibility and resilience go hand-in-hand.

StressPal

[CONTACT](#)