



# StressPal

Robust tools  
for **resilience** under fire

We are pleased to offer this team-centered, evidence-based digital training program and your own engagement community to foster collaboration, wellbeing and sustainable resilience across your organization.

## *StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention*

Build a foundation for effective functioning in pressured situations and interactions.

- ✓ **Upskill the workforce with leading, best practice strategies in the flow of work**
- ✓ **Turnkey, with expert support and minimal admin time to implement**
- ✓ **Interactive video technology for engaging, brain-based learning**
- ✓ **Peer support community to reinforce and expand the engagement**
- ✓ **Pragmatic, concise and immediately applicable skills**
- ✓ **Expert support and metrics for success**

### **Learners earn valuable credits on completion of the core training**

- **All health workers** – 12.0 Interprofessional CEUs
- **Physicians** – 12.0 *AMA PRA* Category 1 credits
- **Nurses** – 12.0 *ANCC* contact hours
- **Psychologists** – 12.0 *APA* credits
- **Pharmacists** – 12.0 *ACPE* credits

### **Time to complete: Self-paced, a few minutes a day over 4-6 weeks**

- **Easy** onboarding with unique access code
- **Ongoing** support and stress-relief resources
- **Web-based** for any device
- **No downloads** required
- **Participation** is anonymous

**Pennie Sempell JD**  
CEO, Program Director  
pennie@StressPal.com

**Anton Arbatov, MHA, FACHE**  
Director of Business Development  
anton.arbatov@StressPal.com

**Learn more: [StressPal.com](https://www.stresspal.com) | 855-500-WELL**