



StressPal®

Retrain a **resilient** brain.
Build **strong** teams.

Your healthcare workforce needs your support.
Our all-in-one program is a ready-made learning environment with accredited training, your own peer/mentor community, ongoing tools/resources, and built-in metrics

StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention Action-based for engagement and durable change

- Prepare teams to navigate stress and create a positive culture, where people want to stay
- Build a foundation for effective functioning in pressured situations and interactions

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| ☒ Upskill the workforce with leading, best practice strategies in the flow of work | ☒ Peer support community to reinforce and expand the engagement |
| ☒ Turnkey, with expert support and virtually no admin time to implement | ☒ Evidence-based, pragmatic and immediately applicable |
| ☒ Interactive video technology for engaging, brain-based learning | ☒ High user engagement complete with quantitative and qualitative success metrics |

Participants 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
- **Social Workers** – 12.0 ASWB credits

97% of users report functioning better under pressure

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“This was one of the BEST programs I have ever had access to professionally and personally. A lovely reward for investing in myself so I can be a better person and a better provider.”

(Clinician participant)

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Schedule a Time with Our Experts | StressPal.com