

Evaluation Results

ProAttitude Stress Training

<http://proattitude.com>

Period: 2009-2016. **Demographic:** Technology engineers; Banking executives and managers; Attorneys; Senior executives, mid-managers, and sales account managers in technology; Construction engineers, foremen, and superintendents; Hospice nurses; University students: Ages 20 to 66; **Setting:** Large, high pressure corporations, governmental agencies, health care providers, and academic institutions.

Number trained: 4,112	
Initial decrease in stress	
Initial decrease in stress	40.3%
Applying what I learned in this training has and will continue to:	
Lower my level of stress	93%
Increase the quality of my work	71%
Increase my productivity	66%
Increase my level of creativity	65%
Increase my job satisfaction	60%
The training has and will continue to make me more effective in:	
Work relationships	77%
Personal relationships	79%
Increasing my health and well being	83%
Balancing life with work	70%
Quality and Impact of Training (from 0=Poor to 5=Excellent)	
Score for overall training experience	4.6 out of 5.0
Would recommend this training	98%