

Stress

Publisher	Product	Ψ	Description	Details
CTL	StressScan		<p>Identifies lifestyle, coping and psychosocial factors that enhance stress tolerance. Scales include work/life balance, health habits, social support networks, type "A" behaviour, cognitive hardiness, coping style and psychological wellbeing. Please contact us for other language availability.</p> <p><i>Particularly useful for executive/management coaching, stress management training, health/wellness programs, employee assistance programs, and research.</i></p>	15 mins