

# CORPORATE STRESS RELEASE PROGRAMS

## Part 2

### The Executive Edge Series

The Executive Edge Series will be customized to the needs of the individual executives or projects. Approaches will be as varied as the executives but focus will be on effective:

Project analysis	Overview specificity.
Research Resource selection.	Thought Stretching.
Personnel teaming.	Timeline Practicality
Personnel Placement	Propensity Identification
Stress Pattern interrupts	Prepping for Events
Feedback Analysis , dissection and integration.	

Executive sessions are a minimum of twenty minutes by telephone or sixty minutes in person. Sessions are very personalized and it is my wish that you read the webpage material first so that we do not waste valuable time with the basics while the meter is running. The investment for Executive sessions is \$1.50 per minute. The First session includes a complimentary fifteen minute trial.

Preparing for Telephone Coaching with Mike;

1. Take the Stress Test and e-mail the following to Mike
  - a. Your results before the release exercise and after.
  - b. Your requested appointment time:  
Day \_\_\_\_\_  
Date \_\_\_\_\_  
Between what time \_\_\_\_\_ and what time \_\_\_\_\_  
Amount of time that you want to be set aside for your appointment. \_\_\_\_\_.
  - c. The answer to this question. What is the most important issue that you wish to address during the session? \_\_\_\_\_.
  - d. This Advisory form with the blanks filled in.
2. Please know the following:
  - a. There are no promises with this process. Your openness is key to this process. If you are not willing to talk openly, please do not schedule.
  - b. Mike is not qualified or offering Medical, Psychiatric, or Psychological care or opinions of any kind.
  - c. As the client, you are in total control of the session. We will begin and end according to your instructions.
  - d. Any conversation prior to, during and after the session are an extension of the session and billable.
  - e. All session information is confidential.

12/12/08