



D'TOX

DE-STRESS TALK OWN EXPRESS



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Program Roots

Employee stress is a growing concern for organizations today. Stress can impact an individual mentally and physically and can decrease employee efficiency and job satisfaction. Stressed workers will ultimately foster a negative culture and show reduce operational capabilities.

There is a definite need for people to release their frustrations around daily encounters. This tension builds up to points that affect

- Attrition
- Performance
- Culture
- Passion
- Attendance among others

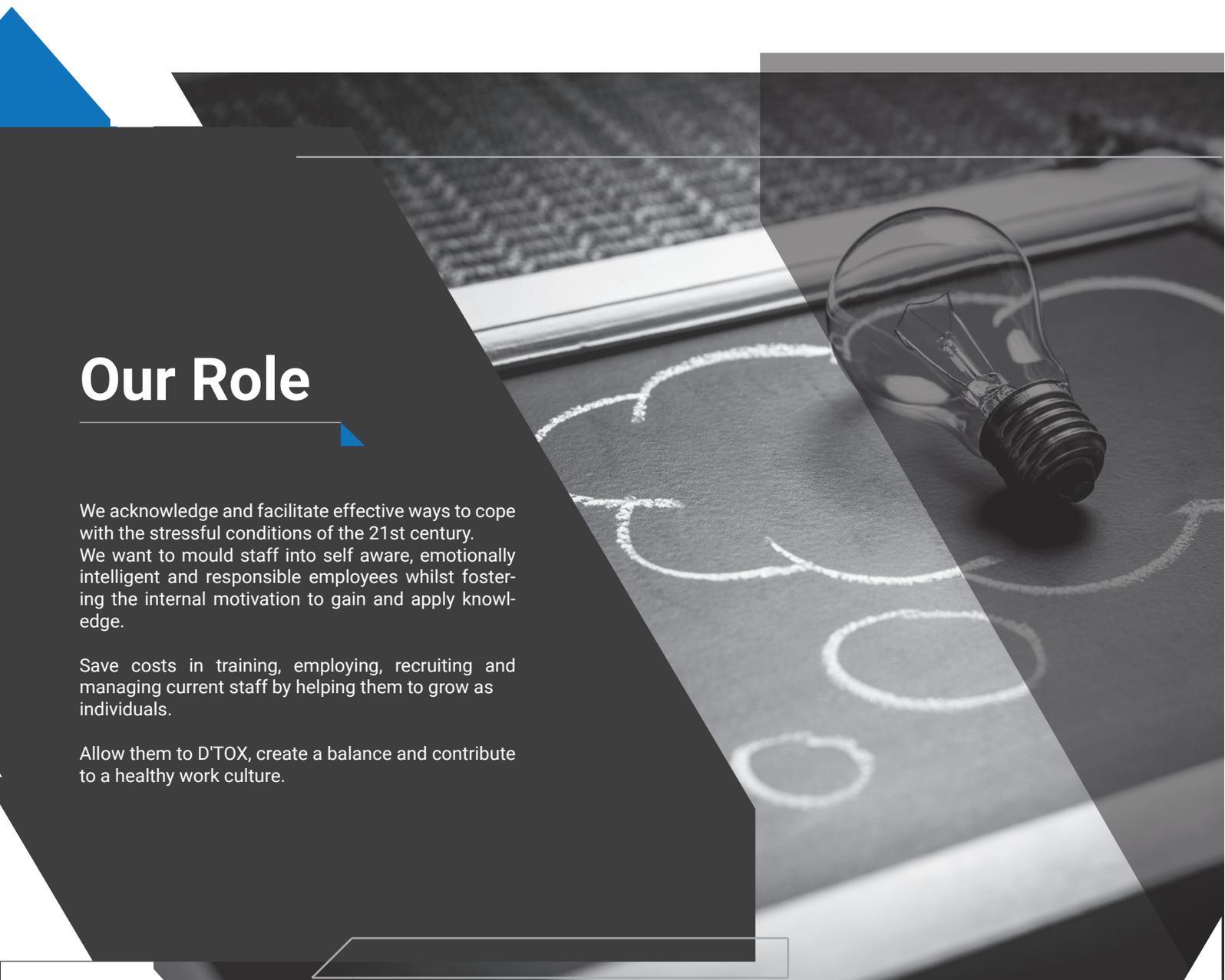
If not noted and addressed by management early on, team dynamics can erode, hurting the social and cultural synergies present in the organization. Ultimately, this aggressive mentality will be difficult to remedy.

Our Role

We acknowledge and facilitate effective ways to cope with the stressful conditions of the 21st century. We want to mould staff into self aware, emotionally intelligent and responsible employees whilst fostering the internal motivation to gain and apply knowledge.

Save costs in training, employing, recruiting and managing current staff by helping them to grow as individuals.

Allow them to D'TOX, create a balance and contribute to a healthy work culture.



Remedy

We have created a comprehensive structure which closes the gaps and drives a positive behavioural change in the way the program is conducted and knowledge is shared.

The structure is designed for employees to:

Vent and destress
Share best practice
Learn a skill (can be customised according to client needs) and
Build emotional intelligence

Structure has been created in the form of a Portfolio, which will be presented to the facilitator, to track, monitor and evaluate development.

Employee benefits



Perform at your best



Clear mind to tap into all resources



Learn skills that will grow them



Learn best practice



To rid themselves of stress created by customers

Customer Benefits



Speak to a more relaxed and engaged agent



Experience improved levels of customer service

Employer benefits



To have emotionally intelligent and skilled staff



Save operational costs



Higher levels of job satisfaction



Build a resilient workforce



Improved return of human capital



To have content staff



Improved customer experience



Improved performance



Lower attrition

Motivation

This program has been designed to encourage proactive realisation of an efficient and effective method of delivering employee wellness and to drive a new and positive behavioural change.

The proposed initiative has value and relative priority that encourages accountability. It provides meaningful learning experiences that are clearly linked to personal growth, organisational needs and customer expectations.

Lets **D'TOX** and build a more resilient workforce,
together!

Contact us

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