



FOR IMMEDIATE RELEASE – Stressmaster International Welcomes Nokuthula Buthelezi As Stressmaster Associate in South Africa

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Stressmaster International, the leader in stress risk assessments, workplace stress mastery training and stress management consulting, is pleased to announce that Nokuthula Buthelezi, founder and owner of Mbono Corporate Wellness (MCW) is now the second Stressmaster Associate in South Africa. Since 2009, Ms. Buthelezi and MCW have been providing cutting-edge Employee Assistance Programs to companies and organizations throughout the Richards Bay and surrounding areas.

MCW recently signed a three year contract (2015-2018) to provide EAP program to a local municipality and, as our Stressmaster Associate, will be conducting stress risk assessments using the Stress Management Questionnaire (SMQ), Mastering Stress workshops and seminars and providing ongoing coaching and counselling to companies and their employees.

According to Nokuthula, *“Stress is indeed one major challenge in any work environment and it is our goal to insure that stress does not undermine its impact on families. I have always seen a gap in this area and wanted to do more powerful Stress Management programs for companies and their employees. I found Stressmaster to be the kind of programme I can use to help reduce stress and build stress resiliency.”*

MCW is located in the uThungulu District Municipality, under Umhlathuze Local Municipality. MCW boasts practical Zululand experience with a twist of Afro-centric approach to Wellness. Nokuthula, points out... *“Our commitment to a learning partnership, our status as a South African organization, woman managed, rural-based business with personnel that boasts more than thirty years of experience in promoting public mental health and wellness; human and social development; social policy analysis; leadership and personal effectiveness programme, we are certain to give our clients a solution that will not only cushion employees from stress but will improve morale, commitment and thus increase the bottom line.”*

About Stressmaster:



Stressmaster is the leader in corporate and individual stress assessments and in providing employee stress mastery and stress resilience training and coaching. The Stressmaster Method was created by Dr. James Petersen. Its foundation is a state-of-the-art stress risk assessment of each program participant using the internationally recognized Stress Management Questionnaire (SMQ) and Stressmastery Guide. Stressmaster has Associates in 15 countries providing services to thousands of individuals and companies. The SMQ and Guide are now in English, Spanish, French, Norwegian and Slovenian.

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