



FOR IMMEDIATE RELEASE – Safe Hands Consulting and Training Joins Stressmaster International to Reduce Workplace Stress in the UK

August 31, 2015 - Phoenix, AZ (USA) & Cardiff, Wales, (UK) –

Rhian Richards, CEO and Founder of Safe Hands Consulting and Coaching has joined Stressmaster International as the Wales based Stressmaster Associate. Safe Hands provides companies and organizations throughout the UK with The Stressmaster Method for Building Stress Resilience. As the Stressmaster Associate in Wales and the UK, Ms. Richards will be utilizing the training and coaching tools that Stressmaster has developed to help employees conquer workplace stress throughout the world.

Ms. Richards and Dr. Jim Petersen, CEO and Founder of Stressmaster International, recognize the importance of developing a corporate culture that optimizes stress to make stress a “friend” and not an enemy. However, it is important to coach and train employees in ways to reduce stress levels and, also, build resilience to workplace stressors. As Dr. Petersen points out, “when job related stressors can’t or won’t change, then the individual must learn how to take action and personal responsibility to actively reduce and stop stress from becoming chronic.” Safe Hands will be providing a variety of stress mastery and resilience programs throughout the region this Fall and Winter.

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. Petersen. Its foundation is a state-of-the-art stress risk assessment of each program participant using the internationally recognized Stress Management Questionnaire (SMQ). Then, based upon computer a generated stress report, Associates coach, train and facilitate the development of new and more effective ways to defeat and master stress whenever stress occurs. The Method uses a

unique workbook called the Stressmastery Guide to Resilience as a springboard to personal change and stress mastery. Stressmaster has Associates in 14 countries providing services to thousands of individuals and companies. The SMQ and Guide are now in English, Spanish, French, Norwegian and Slovenian. A special version has been developed for use with churches and their parishioners.

About Safe Hands Consulting and Training:



Safe Hands helps people tackle stress and anxiety, whether as a result of work related stress or as a reaction to day to day living. Ms. Richards and her team provide sound advice, support and training using Stressmaster’s evidence-based tools and approaches along with her extensive work as a mental health nurse. She combines her knowledge as a mental health nurse with experience and knowledge from her work

in Environmental Health to provide individual stress mastery and Mastering Stress workshops and training sessions on anxiety, stress and anger management.

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