

Wellness Firm Develops Multi-Agency Training Program

If **Molson, Coors and Miller** decided partnering up in today's economy was a smart idea, Rachel Rolfes, founder of *STRESSERCISE™ for Life* a Denver health & wellness firm, thought encouraging governmental agencies to do the same made sense.

With over twenty years of experience as a corporate trainer, Rolfes has watched a consistent increase in workplace demands and simultaneously, a significant decline in employee energy, motivation and morale. She determined that a collaborative "out-of-the-box" training solution was both timely and necessary. By partnering, each agency could have a minimum number of employees off task, attain premium training and significantly cut training costs.

The partnered-training product is entitled "**5&5 SELECT**" and the concept is simple: 5 agencies send 5 employees to a centrally-located host location once a month for 1-2 day training. The tested custom-built training is specifically designed to boost motivation, efficiency and morale.

Other benefits:

- affordable cost
- measurable long-term results and incentives for high-producing employees
- increased productivity with fewer employees off task
- decreased absenteeism from work and associated healthcare costs

Rolfes' innovative training model came as a result of her determined year-long search for an effective solution to boost employee morale, motivation and efficiency. She personally talked and requested for specific input from clients, as she was certain they held the missing pieces. Premium training, affordable pricing, and less number of employees off task were the key training preference components clients named. Due to major budget cuts, many were unable to utilize the conventional morale-boosting Soft Skill Training programs of the past.

In the beginning, Rolfes said, it was challenging to get some clients to think "out of the box", but soon after she began presenting the cost-cutting partnered approach, inflexible mindsets opened, as clients realized the program's benefits.

"Inspiring and keeping employees motivated is key. We have consistently observed that it is the *motivated mindsets* of productive employees that makes the defining difference. Genuine motivation ignites action and inspires employees to make and maintain the initial changes long-term" Rolfes added.

"For over 22 yrs of strong collaborative effort with our clients we have developed training programs that are effective, and most importantly, yield positive *long-term* results."

STRESSERCISE™ for Life Signature Workshop attendee comments:

"...a calmer attitude with fewer headaches has helped me tremendously at work to get work done under pressure with fewer mistakes and less fatigue." – **Rima Duke, Excel Energy**

"This is the best, most useful 8 hours I have ever spent at any workshop. Rachel's information can readily be incorporated in my day-to-day activity and will increase my job satisfaction and lower absenteeism." – **Troy Williams, Great West Life Insurance Company**

"Fast moving and informative. Answered all questions. Liked take-away materials."

– **Ed Breidenbach, U.S. Denver Mint**