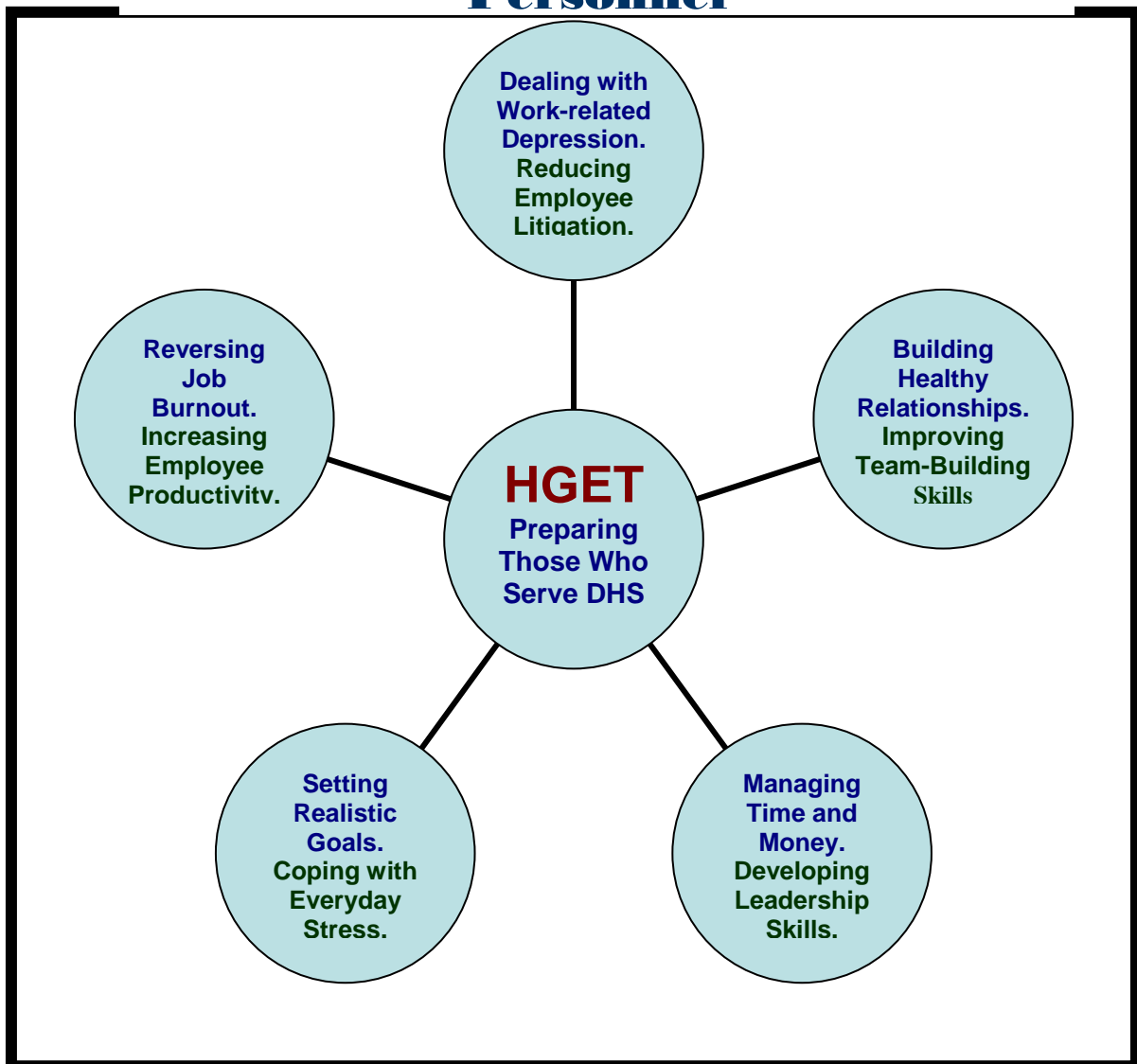


# **PUTTING THE PIECES BACK TOGETHER!**

**Providing Emergency Responders with Tools to Combat Stress Indefinitely.**

## **HGET's Stress Management Online Program: Work/Life/Balance: Stress Management for Emergency Personnel**



**CREATING A WIN-WIN WORKING  
RELATIONSHIP FOR EMPLOYEES  
AND EMPLOYERS**

## **Why Choose Hopson Global Education?**

After 20,000 hours of research and hundreds of interviews with law enforcement officers, EMS workers and administrators, mental health professionals, social workers, hospital administrators, chaplains, nurses, doctors, firefighters, from every state and several Canadian Provinces, HGET has found that each person interviewed, without exception, has expressed the need for MORE EDUCATION concerning stress management in the EMS field.

Hopson Global Education and Training Inc.'s Stress Management Program is innovative and interactive. Our online training answers the needs and requests for more education on stress management. This 12 lesson program was developed in an easy-to-read format that is enjoyable to review and digest. With HGET's Stress Management Online Program you can EXPECT MORE—more comprehensive training, self-assessment tools, value-added risk assessment, and management techniques.

Hopson Global offers practical tips and strategies for reducing stress based on self-help techniques. With our strategies to assist them, individuals will be able to deal with many of their personal issues on their own. These issues include problems concerning personal depression, dealing with family, time and money issues, and self-defeating habits. Our course is different because we do not waste time describing stress and its effects on a person. Instead we plainly address very common work and family issues and give the solutions in simple, everyday scenarios.

**For more information please contact:  
Hopson Global Education and Training, Inc.**  
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