

Max Kaan is arguably one of South Africa's leading hypnotherapists with over 25 years' experience. Each year he helps thousands of individuals manage stress, stop smoking and lose weight.

Max Kaan holds a B.A. Degree in Communication (Cum Laude) and a B.A. Honours Degree in Psychology.

He regularly presents talks and seminars worldwide to Industry, Commerce, Organisations and the General Public on the benefits of health and wellness achieved through the medium of hypnosis.

It is estimated that in SA at least R3 billion is lost each year due to the effects of stress. But the cost to industry doesn't end there, because the figure only relates to actual absences from work. Stress produces several other effects. Over-stressed employees at any level of a company are inefficient employees. At clerical and operative level, stress might reveal itself in carelessness, poor timekeeping and absenteeism. Whilst at more senior levels, creativity, judgement and decision making skills are affected.

It would be unrealistic to talk about eliminating stress. On the other hand, learning how to manage stress is something that everybody can do and benefit enormously from, which is why Max offers Stress Management Training for people at work.

Max's training helps people to recognise stress symptoms, discover and understand its root causes, use "good" stress to their advantage and to deal with "bad" stress by adopting appropriate coping skills.

Your employees will come back from their Stress Management course refreshed, confident and relaxed. But more importantly, permanent effects can be achieved with everyone who follows our simple programme of post course practice. To help to ensure that course participants continue to progress and develop their skills, we like to arrange a follow-up session six months after the course. The increased efficiency of the employees you have selected for training will repay their course fees many times over, whilst the personal benefits which each individual experiences from attending a course promotes a sense of appreciation that they are employed by a caring employer.

Max Kaan would love the opportunity to present to your Company, a brief synopsis of his Stress Management system. Max believes it will lend an important tool, enabling your employees, to manage their stress effectively.

Contact Cheron Now on Cell 074 601 4810, Tel 011 672 0716 or email cheron@hypnoman.co.za and request your free presentation.



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