

# FIERCE. THE CURE TO WORKPLACE STRESS, ANXIETY, AND BURNOUT.



## FINANCIAL COST OF OCCUPATIONAL STRESS:



estimated total economic impact of “stress” on US employers, which includes factors such as absenteeism, turnover, diminished productivity, increased medical costs, and increased legal costs.

## SINCE THE PANDEMIC:



**75%**  
of people feel more isolated

**67%**  
report higher stress



**57%**  
have greater anxiety

**53%**  
are increasingly exhausted



## FIERCE TRAINING SHOWS A DIRECT LINK TO:



**8%**  
DECREASE  
in burnout

**14%**  
DECREASE  
in anxiety

**17%**  
DECREASE  
in stress



**11%**  
INCREASE  
in resilience

**4%**  
INCREASE  
in cohesion

**4%**  
INCREASE in  
organizational  
commitment

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