



The Hidden Cost of Stress: New Corporate Training Program Launches to Tackle Burnout

FL, UNITED STATES, October 14, 2025 /EINPresswire.com/ -- Stress-related absenteeism and turnover cost U.S. businesses hundreds of billions each year, according to the American Institute of Stress.

With burned-out employees more than twice as likely to quit, organizations are under pressure to address workplace wellbeing as a matter of economic survival.

On September 15, 2025, physician and brain health expert Dr. Leonaura Rhodes will launch Beyond Stress: Practical Steps for High Achievers, a new program designed to help companies reduce stress-related costs and improve employee resilience.

"Companies routinely track revenue and expenses, but rarely account for the hidden impact of stressed employees," said Dr. Rhodes.

"Chronic stress erodes focus, increases mistakes, and drives turnover. Beyond Stress gives organizations a way to measure and address that loss while equipping employees with tools they can use for life."

Dr. Rhodes has worked internationally with high-performing professionals on brain health and stress management. She is also the host of the Mindful Medics Podcast.

Beyond Stress will be available to organizations starting September 15, 2025.

Media Contact

Dr. Leonaura Rhodes

coach@drleonaurarhodes.com

+1 203 807 3641

www.drleonaurarhodes.com

Dr. Leonaura Rhodes

inside success

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/858170372>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.