



thestressdetox.com

The Stress Detox

**PRESS PAUSE.
TAKE BACK CONTROL**

ABOUT

The Stress Detox 3D Framework is designed to help you optimized stress, and build resilience. It is rooted in developing awareness, discovering hidden stressors, and doing something about it. Our highly rated course The Stress Detox on Udemy for Business is translated in 7 languages and reached over 8,500 students around the globe.



CONTACT

Ritu Riyat

www.thestressdetox.com

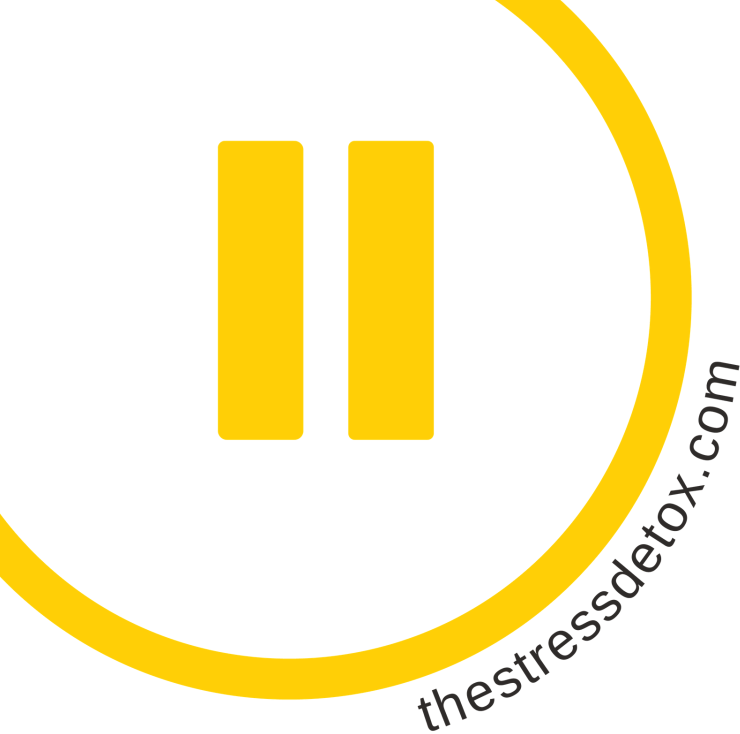
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Instagram: [@thestressdetox](https://www.instagram.com/thestressdetox)

RITU RIYAT

Ritu Riyat is a public health professional helping individuals and organizations around the globe curb stress, anxiety, and burnout. She integrates two decades of experience in workplace wellness, behavioral health, personal coaching, yoga and meditation into her training and development programs.



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SERVICES

The Stress Detox offers an agile and completely customizable framework to meet your organizational needs. Opportunities for engagement include:

Conference Workshops
Team Meetings
Online Course Offerings
Corporate Retreats



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TESTIMONIALS

"We offered The Stress Detox training at our offsite leadership training. Everyone walked away with quick easy strategies they can incorporate into their daily life."
- Lori Parenti Pasero, Genentech

"The Stress Detox workshop helped break up the intensity of the financially related topics presented at our conference. The workshop material was very applicable to our audience members who are often overworked within their home firms."
- Timothy Huang, Franklin Templeton Investments