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## **Stephanie Marston, MFT selects CoSentry Technical Help Desk Services to reduce stress and increase well-being for clients**

(Omaha, Ne.) – Today **30 Days to Sanity™** announced that it has selected CoSentry to provide Technical Help Desk services in support of their online communications services. The service provides technical support for clients who access the online program **'30 Days to Sanity™'**. The selection was made after several months of service evaluation and review.

“The solution to reducing stress and creating balance in your life is selectivity- it’s about choosing,” commented Stephanie Marston, president and CEO of 30 Days to Sanity. She added, “It’s not about getting more done, but being more selective about what you do. It’s about quality rather than quantity. That’s what CoSentry helps me accomplish, they remove a significant technical burden from my team and allow us to focus our energy on assisting clients.”

The agreement calls for CoSentry to provide technical help desk support for clients who access the online program. Services are available 24 by 7 and include application support that guides users within the system to ensure access to information, answers on ‘how to’ questions and program navigation. In addition, CoSentry provides program statistics and development support.

Rick Berger, Director of Sales at CoSentry said, “It has been a unique pleasure working with Stephanie and her team, because they understand prioritization and the need to place the right responsibilities in the right hands.” He continued, “Stephanie’s energy and customer orientation are infectious, she really practices her own great advice.”

The service supports Stephanie and her organization in the delivery of programs to corporations, health insurers, healthcare and disease management organizations, and the general public.

### ***About CoSentry***

*CoSentry serves as a one source provider of data center, cloud computing and managed technical services. For over 10 years CoSentry has been helping clients create and protect technology platforms to compete in today’s ALWAYS ON business environment, market leaders benefit from CoSentry’s world-class services to keep their businesses running – no matter what. The company also provides diverse and robust collocation and managed Internet services. CoSentry has facilities in Kansas City, MO, and Sioux Falls, SD, Papillion, NE and Omaha, NE. For more information about CoSentry, please visit their website at [www. CoSentry.com](http://www.CoSentry.com).*

***About Stephanie Marston***

*Stephanie Marston has assisted Fortune 500 companies, global corporations, women's and health-care organizations and professional associations in reducing employee stress, increasing productivity and creating a culture of satisfaction in the workplace. Stephanie works with people to improve the quality of their lives, work and relationships. She is one of the most sought-after experts in the country. Stephanie has conducted national and international seminars for more than 50,000 employees, corporate executives and women. Fortune 500 companies, global corporations, women's and health-care organizations and professional associations have sought her expertise to help them reduce stress, increase productivity and create a culture of satisfaction for their employees. For more information, visit <http://www.stephaniemarston.com>*