

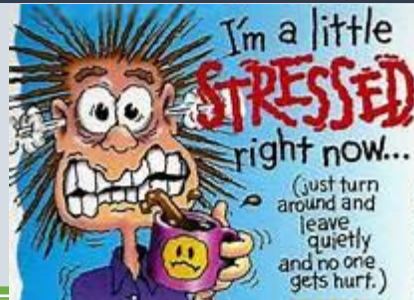


# HANDLING YOUR STRESS

## COURSE MODULES

- Introduction to Stress
- Recognizing Stress
- The damaging effects of Chronic Stress
- Managing Stress

An increasingly competitive, demanding globalised corporate environment is undoubtedly subjecting people to an ever increasing level of occupational stress. This is compounded by a host of personal, financial and environmental stressors that have a negative impact on an individual's functioning, both on a personal and professional level. This program aims to create awareness of stress and its detrimental effects and to provide effective and evidence based solutions.



(just turn around and leave quietly and no one gets hurt.)

## Stress Free Living

Tips and Tricks to Shedding the Stress and Enjoy Stress Free Life



## COURSE OBJECTIVES

- Identify stressors relevant to each individual (personal, occupational and environmental stressors)
- Enable individual and managers to comprehend the adverse effects of chronic unresolved stress on oneself and to the productivity and profitability of the organization
- Active screening for possible stress and related conditions within the organization
- Apply techniques of effective coping skills
- Outline potential strategies to prevent, minimize and effectively cope with stress, at organizational and individual levels.

## WHO SHOULD ATTEND?

Ideal for Managers and Executives who want to be aware and manage stress more effectively within the workplace :

- ✓ Directors
- ✓ General Managers
- ✓ CFO, Finance Managers, Accountants and Executives
- ✓ Production and Manufacturing Managers / Executives
- ✓ Human Resources Managers / Executives
- ✓ Sales and Marketing Managers / Executives
- ✓ Purchasing & Procurement Managers / Executives
- ✓ Warehouse & Logistics Managers / Executives

## METHODOLOGY

- ▣ Lectures
- ▣ Handouts
- ▣ Case studies
- ▣ Group work and discussion
- ▣ Self-rating
- ▣ questionnaires
- ▣ Hands-on relaxation exercises using audio and video tools

## TRAINER PROFILE : Dr Gurdeep S Grewal

**Qualifications:- MBBS, CMIA, MPM, PSMB Train-The-Trainer Certificate no: TTT/6524**

Dr Gurdeep is a practicing medical doctor and Psychiatrist. His experience is in the area of psychological health. He is passionate about the promotion of psychological wellbeing and prevention of mental illnesses and has conducted courses for various organizations, including the civil service and NGO's both locally and overseas. Working at the individual and organizational level, he focuses on identifying stress and coming up with solutions for preventing, minimizing and coping with stress and other psychological problems. You can benefit from his expertise in the area of psychological health and wellness by creating a culture of 'healthy body and mind' within your organization. His executive coaching activities include finding meaningfulness at the individual and organizational levels to increase personal satisfaction and thereby aid in increased productivity. He is a professional psychological health expert who works to understand what makes us tick, what causes us to fail or helps us to succeed.

