

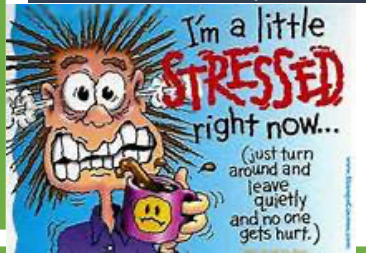


Stress Management Workshop

(HRD Corp Programme Number : 10001213346)

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.

Stress Free Living

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



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

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.

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.





REGISTRATION FORM(HRD Corp Claimable)

Stress Management Workshop

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PARTICIPANTS' DETAILS



Participant 1 Full name and I/C

Designation Contact Number

Email Address Vegetarian Meal

YES / NO

Participant 2 Full name and I/C

Designation Contact Number

Email Address Vegetarian Meal

YES / NO

Participant 3 Full name and I/C

Designation Contact Number

Email Address Vegetarian Meal

YES / NO

ORGANISATION DETAILS

Organisation :

Contact Person : Mobile Number:

Address :

Email : Fax :

PAYMENT DETAILS : Cheque / Direct Credit

Bank & Cheque No.

Amount :

Please make payment to :

WANFAH PROSPER PLT

ACCOUNTS NUMBER : 3812930508

BANK : Public Islamic Bank Berhad



FEE PAYABLE PER PARTICIPANT :

Normal Price : RM2,518

Early Bird (15 days before event) : RM2,298

Group Fee (>2 participants) : RM2078

Fee includes course materials, lunch and 2 tea breaks per day.

Claiming HRD Corp Grant? YES / No

Date : _____ (Pls check our website <https://wanfahprosper.com/latest-events/>)

Contact : Cik Nor / Puan Nasifah / Mr. Tan / Puan Suhaila

Tel : +60351663399 / +60104403399

WhatsApp : +60162634929

Email : sales@wanfahprosper.com

CANCELLATION / TRANSFER

Upon registering, participant(s) are considered successfully enrolled in the event. Written cancellations / transfer notice (substitution or to later dates) received :

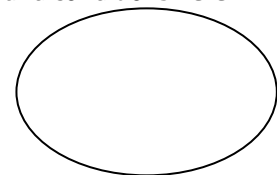
- More than ten (10) working days before the event, a refund (less administrative charge of 15%) will be made.
- Ten (10) working days or less before the event, no refund will be made.
- For no show on the day of the event, full payment is required. If you cannot attend the event, you can nominate a substitute at any time without payment of an administration fee.
- A full (100%) refund may be granted if the course is cancelled by Wanfah Prosper PLT (WFP). WFP reserves the right to postpone or cancel the event and / or change facilitator at any time should circumstances beyond its control arises. WFP also reserve the right to make alternative arrangements without prior notice should it be necessary to do so.

DATA PROTECTION

Personal Data is gathered in accordance with the Personal Data Protection Act 2010 (Act 709)

DISCLAIMER

Upon signing this registration form, you are deemed to have read and accepted the terms and conditions herein.



Authorise Signatory

Organisation stamp