



PROGRAMME OUTLINE for STRESS MANAGEMENT TRAINING

HRD Corp Programme Number : 10001555689

DAY 1

9.00am to 10.30am

Module 1 : Introduction to Stress Management

- What is Stress?
- What is Stress Management
- Why is important?
- Ways to overcome stress at the workplace or social environment

10.30am to 10.45am

Break

10.45am to 1.00pm

Module 2 : Causes and Impact of Stress

- Primary causes of Stress
- Financial problems
- Career
- Relationship problems
- Academic
- Health problems
- Personal habits or Environment

1.00pm to 2.00pm

Lunch

2.00pm to 3.30pm

Module 3 : Impact of Stress

- Self
- Work
- Family life
- The workforce (bosses, subordinates, customers, vendors etc)



<https://wanfahprosper.com/stress-management-training/>

3.30pm to 3.45pm

Break

3.45pm to 5.00pm

Module 4 : Recognize the symptoms

- Physical
- Mental
- Behavioural
- Cognitive

DAY 2

9.00am to 10.30am

Module 4 : Recognize the symptoms (continue)

- Perception
- Rationalization
- Aggression – passive and direct
- Regression
- Withdrawal

10.30am to 10.45am

Break

10.45am to 1.00pm

Module 5 : Dealing with Stress

- Four A's of Stress
 - Avoid
 - Alter
 - Adapt
 - Accept

1.00pm to 2.00pm

Lunch

2.00pm to 3.15pm

Module 6 : Avoid building up of Stress



<https://wanfahprosper.com/stress-management-training/>

- Steps to avoid Stress Build Up

3.15pm to 3.30pm

Break

3.30pm to 5.00pm

Module 7 : Resolve Conflicts

- Introduction to Conflict Resolution
- Types of conflict
- Types of Business Conflicts
- Importance of Conflict Management

