



# Stress Management Training (HRD Corp Programme Number : 10001555689)

## COURSE MODULES

- Introduction to Stress Management
- Causes and Impact of Stress
- Impact of Stress
- Recognize the symptoms
- Dealing with stress
- Avoid building up of Stress
- Resolve Conflicts

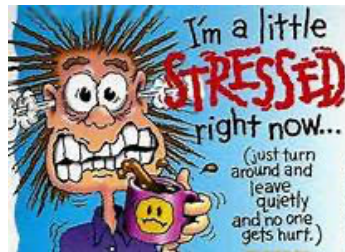
Stress is the body's nonspecific response to any demand – pleasant or unpleasant. Stress is not just an emotional experience; it involves biological, psychological, and social components.

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.

## 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
- ✦ Inductive (inquiry based)
- ✦ Deductive (demonstrative)

## 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. PALA SANDARAM GOVINDASAMY (PS Daram)

**Qualifications:- PHD, MBA, Dip Industrial Management, Dip Mechanical Engineering, CIPD UK**

Dr. Pala Sandaram (PS Daram) is a distinguished Organizational Development and Change Consultant with a Ph.D. from the University of Bath, UK. With over 35 years of transformative experience in Industrial Engineering, Manufacturing, and Human Capital Development. Dr. Daram is celebrated for his exceptional ability to revolutionize organizations and drive sustainable productivity.

Since 2006, Dr. Daram has dedicated himself to guiding organizations as a Consultant, Management Coach, and Trainer. His insightful methodologies empower clients to embrace user-friendly tools that cultivate a culture of excellence and continuous improvement, ultimately leading to remarkable organizational growth and personal development. Renowned for his engaging presence, Dr. Daram combines a compelling sense of humour with a dynamic style that captivates audiences. He leverages positive psychology and strengths-based development to foster high levels of engagement and retention.





**REGISTRATION FORM(HRD Corp Claimable)**  
**Stress Management Training** (HRD Corp Programme Number :  
 10001555689)

**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 : +601159403399

Email : [sales@wanfahprosper.com](mailto: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 :

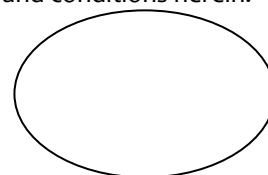
- More than ten (10) working days before the event, a refund (less administrative charge of 15%) will be made.
- Ten (10) working days or less before the event, no refund will be made.
- For no show on the day of the event, full payment is required. If you cannot attend the event, you can nominate a 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