

Stress Management & Productivity in Workplace

1 Day

COURSE OVERVIEW

Stress can affect almost every area of life, whether in work, family or studies. The good news is that stress can be managed strategically and intentionally when one is equipped with the right skill and the right mindset. Although it is not possible to live a stress-free life in our world today, we can live a well-managed life to combat our stress.

It is crucial not only to manage stress well so as to perform better in our work and better relationship with family and friends. Stress threatens our total well-being.

As Psychologist Dr Jeff Bailey mentioned, you do not want to be one of the "18.1 million adults who experience either dysthymia (mild, chronic depression) or a major depressive disorder".

LEVEL

General

WHAT WILL I GET OUT OF IT?

At the end of the program, participants will be able to:

- Identify your personal stress level
- Develop coping strategies that result in better stress management
- Enhance better performance in work

WHO'S IT FOR?

Any professional who desires to control his stress level in order to boost his productivity

DELIVERY MODE

The workshop will be theoretical as well as experiential. Participant will be expected to do role-playing and engaging in some other activities.

COURSE CONTENT

- Signs and symptoms of excessive job and workplace stress
- Common causes of excessive workplace stress
- Reducing workplace stress by improving Emotional Intelligence
- Breaking bad habits that result in negative stress
- What managers or employers can do to reduce stress at work
- Ten general tips for good mental health
- Reducing stress from cognitive and behavioral perspectives and practical steps
- How to manage change in workplace
- Most common stress problem in sales line