



Overview:

This program helps you to understand the causes of stress and how to address them. If you are experiencing stress and are feeling like you are constantly under pressure, this program will enable you to learn some powerful stress management practices to handle pressure in a better manner.

Training Topics:

- **Introduction:**
 - What is Stress?
 - Types of Stress
 - The Power of Perception
 - Reactions to Stress
 - Managing Stress

- **Ways to Improve your Mind-set:**
 - Employ the 'Flip Side' technique.
 - Play your winners
 - Simplify! Simplify

- **Stress Management Techniques:**
 - Thought awareness
 - The power of Rest and Relaxation (R & R)
 - The importance of nutrition and exercise
 - Using visualization and positive imagery

Training Hours:

The duration of the training program will be 3 to 6 hours based on the needs of each client.



Training Methodology:

Our training is carried out in a risk-free environment which encourages trainees to practice the skills that are taught. We use a number of training methods including:

- Simulations
- Interactive Discussions
- Group exercises to enhance the learning process.

Requirements:

- The training will be conducted on a virtual platform (mutually agreed on before the session)
- Maximum number of participants will be 15 per session