

ESSENTIAL MANAGEMENT SKILLS: STRESS MANAGEMENT SKILLS FOR WORKPLACE

INTRODUCTION

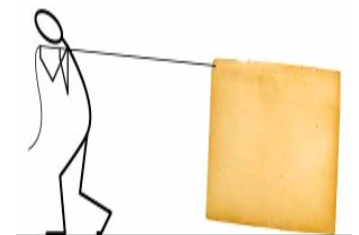
Averaging our life span, most of us are spending nearly 80 thousand hours of our whole life in our "work". Today's average employee is expected to accomplish more tasks in less time. At the same time they want and need to have a fulfilling personal life. Achieving work-life balance always point to how each of us manage the demands in our personal life and workplace concurrently. The pull between professional and personal demands can create various types of stresses and with the increased competitiveness at workplace, experiencing stress become more inevitable and can be overwhelming. The challenge to managing our stress is making changes to improve our coping skills. Identifying warning signs and taking active steps to manage stress is critical to our personal life and professional survival at workplace.

BENEFITS FROM THE COURSE

This workshop provides participants an overview of the different coping skills required to manage stress effectively from 3 aspects – Self Management, Relationship with Others and managing changes in life/environment. This workshop encourages participants to learn through a group experiential setting and followed by individual coaching if required.

CONTENT OUTLINE

1. Coping skills for enhancing personal effectiveness in managing stress (SELF Management)
2. Coping skills for enhancing interpersonal effectiveness in managing stress (Relationship with OTHERS)
3. Coping skills for dealing with uncertainty & transition which causes stress (Changes in Life/ENVIRONMENT)



WHO SHOULD ATTEND

Any working adults whom are experiencing stress and challenges in achieving work-life balance.
Maximum 25 participants per workshop.

TRAINER – LOW MI YEN, Clinical Psychologist/EAP Director

Biodata: An experienced global Employee Assistance Program (EAP) expert in Malaysia for the past 12 years. Provides a comprehensive worksite-based program (EAP) designed to help identify and facilitate employees' behavioral, health and productivity and solving complex work situations such as deteriorating job performance caused by health and psychological issues, workplace harassment and others.

MEDIUM OF CONDUCT – English

COURSE FEE - RM 588 per pax ; RM 988 (Discounted Price for 2 pax)

DATE/TIME – 24-25th July 2010 (1.5 days)

VENUE – WELcafe, Turning Point Integrated wellness Sdn Bhd