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Stress Management



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Stress Management

Modern age is an era of stress. The negative consequence of a long-term unmanaged stress may be loss of vigour & vitality, erosion in the ability to concentrate and make decisions. Work stress is now recognized as a major issue in the human resource management arena, for both staff and management. This program enables the participants to understand the various aspects of stress and expose them to various techniques of stress management.

Aims/ Objectives:

- To make participants understand the phenomena of stress.
- To equip participants with time tested tools and techniques for measuring and managing stress.
- To provide participants with practice techniques that will help to reduce stress and promote positive lifestyle.
- To facilitate participants in identifying the main sources that causes stress.
- To help participants in understanding their unique responses to stressful situations.

Workplace Outcomes:

- The participants will understand the phenomena of stress and how to manage stress.
- The participants will understand how to measure stress levels, learn about stress management models and practice techniques that will help to reduce stress.
- Participants will be aware of their unique signs of stress, their emotional and physical responses to stressful situations and how to manage responses.

Duration: 1 day



Methodology:

The program will have highly interactive lecture sessions, power point presentation, Role-plays, practice exercises, case studies, Stress Measurement Tool and Simulation Games.

Participants: All employees