

Organised by

**PARTNERS**

Conference and Event Management Pte Ltd  
(Reg. No. 200210370R)

A Holistic  
Stress Management Programme to  
**Destress, Renew  
and Revitalise**

# STRESS BUSTER™

Managing Stress through the Awareness of Your Body, Mind and Emotions



11 November 2005 • Grand Copthorne Waterfront, Singapore

# STRESS BUSTER™

Have you ever encountered any of these situations ...

- You having to sit in a meeting which was not going well and you were under pressure
- You having to deal with a difficult and irritable customer who was making unreasonable requests
- You having a bad hair day when everything that could go wrong went wrong

Can you remember what your thoughts were at that point in time? What did you feel? How was your body reacting? Do you find that when you start to think negatively about the situation like "Oh no, why is this happening, I can't handle this", you start to get upset and uptight perhaps even angry, your body starts to tense up, you might feel your chest tightening, your stomach churning?

Now if you changed your thoughts positively to "OK, let's see how I can turn this situation around" how do you feel? How does your body react?

Indeed, combating stress begins with awareness of our mental, emotional and physical states. Only when we are aware of our mental, emotional and physical states which reflect our mode of consciousness, we can then be in control of the effect of any situation.

Stress builds when we don't manage our thoughts, feelings and actions. The reality is in this fast paced environment we live in, it is a challenge to maintain our state of equilibrium, to stay calm and focused. Stress will build. Being aware of our mental, emotional and physical states will minimise its impact. And when we equip ourselves with stress management/release tools, we are one step ahead in managing ourselves and our lives in this chaotic and demanding time.

Stress Buster™ is a unique programme offering an unusual combination and powerful blend of cognitive training and clinically proven relaxation techniques to help you manage stress even in the most challenging circumstances.

This training is at the cutting edge of stress reduction. It's also much more than a stress-management programme - the principles and techniques that you learn are essential for successful leadership, self-mastery, focus, and ability to work effectively with others.

Join us at this powerful seminar and you will learn how to:

- Be aware of the causes of stress and how to manage it;
- Understand and communicate more effectively with difficult co-workers and customers;
- Manage challenging work situations with greater calmness and clarity of mind;
- Dramatically reduce stress with clinically proven techniques that can be done in a few minutes;
- Achieve significant relief from chronic pain and headaches;
- Increase energy levels, boost the immune system, enhance the body's ability to deal with the impact of stress;
- Enhance personal productivity;
- Focus your mind on where you want to go;
- Achieve the desired results more quickly and effectively.

## Don't Take our Words for it – Hear What Others Have to Say

*"I highly recommend this programme. The techniques taught here are invaluable for performing effectively under high pressure. In fact, my experience with it was more than that. I've had chronic neck pain from a compressed disc for many years, a result of a highly stressful working situation at that time. After practicing these techniques, my neck pain has gone. It's*

*become a daily ritual to unwind the stress and tensions of the day and to keep me calm and composed in the midst of high pressure and the challenging demands of my work"*

- Richard Lim, Senior Vice-President, Corporate Services

*"This programme is more than just stress management. It results in a shift of perspective that helps me greatly in achieving a better work-life balance. I have gained valuable insights on how mental and emotional states affect the outcome of any situation and by managing them, stress can be prevented from building up. The other great thing is my energy level has picked up considerably which has a direct impact on the quality of my life, both at work and at home. I can work longer hours more productively and yet still have energy there after to spend quality time with my family. It's a programme not to be missed"*

- Freddy Teoh, Chief Financial Officer

## Programme Facilitators

**Thy Vision Smile's** programmes are the culmination of years of extensive research. They provide cutting edge techniques that encompass ancient wisdom and modern scientific methods seamlessly integrated to create awareness of the processes of the mind, emotions, physical body and inner self and to integrate these various aspects leading to a balanced, successful and fulfilling life. The facilitators of **Thy Vision Smile's** programmes are extensively trained and have gone through rigorous and specialised preparation and practice.

## Programme Schedule

Registration 08:15 – 09:00 hours

Workshop 09:00 – 17:00 hours

Lunch break, morning and afternoon tea-breaks will be provided for at the workshop.

## Fees

S\$495 nett per person.

Special group discounts are available when you register at least 3 delegates.

## Registration

For enquiries or registration, please contact:

Partners Conference at:

Tel: 65-6786 7363 Fax: 65-6786 3282

Email: [enquiries@partners-conference.com](mailto:enquiries@partners-conference.com)

YES! Please register me / us:

Name of Delegates	Designation	Email
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

## Approving Manager

Name: \_\_\_\_\_ Designation: \_\_\_\_\_

Email: \_\_\_\_\_ Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

## Methods of Payment

### Bank Transfer

Account Name : Partners Conference & Event Management Pte Ltd  
Account Number : 501-584692-001 (Bank Code: 7339)  
Pay to : OCBC Bank  
(SWIFT Code: OCBCSGSG)  
Branch : OCBC Centre

### Cheque

Please make your crossed cheque payable to Partners Conference & Event Management Pte Ltd. Kindly mail your cheque and registration form to: Partners Conference & Event Management Pte Ltd 2 Flora Drive, #08-36, Singapore 507025