Stress Management

Improving Productivity, Nurturing Creativity and Enhancing Work Life Quality through Effective Stress Management Techniques

6 Dec 2006, York Hotel, Singapore

This highly interactive, participative and experiential workshop on Stress Management will enable the participants to:

Objectives

- Resolve and dissolve stress
- Learn the benefits of yoga
- Improve concentration
- Develop creativity
- Improve productivity

Why This Workshop

Changing lifestyles, technological advances and a very intensely competitive business environment have created tremendous tension for all of us. With the fast pace of life in the modern world, we are all feeling burnt out as stress is slowly but surely taking its toll.

At the workplace, negative stress has adversely affected employee efficiency and effectiveness, resulting in lower productivity and higher health care costs. Stress affects decision-making, interpersonal relations, the quality of work ...' in other words, stress adversely impacts an organisation's performance.

No executive or company can afford to ignore the effects of stress.

Stress is a fact of life but it does not have to be a way of life. Learning how to manage stress effectively will help to create a more positive and engaging work environment in your organisation.

Benefits to You as an Organisation

- ✓ Improved productivity
- ✓ Lower absenteeism
- ✓ Lower healthcare costs
- ✓ Better interpersonal relations at work
- ✓ Improved performance
- ✓ Better decision making
- ✓ Improved problem solving
- ✓ Better utilisation of time

Benefits to You as an Individual

- ✓ De-stressed life
- ✓ Improved concentration
- ✓ Enhanced vitality
- ✓ Improved health
- ✓ Positive attitude
- ✓ Greater emotional strength
- ✓ Enhanced mental agility
- ✓ Empowered for success

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Who Would Benefit

- Presidents, Chairmen, Vice Presidents, CEOs, Managing Directors & Directors
- General Managers, Heads of Departments & Business Heads
- HR/Training Managers & Executives
- Industrialists and Entrepreneurs of Large, Medium & Small Organisations
- Sales, Marketing, Operations, Administration, Finance Managers & Executives & Consultants
- Lawyers, Doctors, Chartered Accountants
- Officers in Government Organisations
- Educationists & Academicians

Contents

The Participants will be able to:

- Assess their stress
- Develop a deeper understanding of stress
- Determine early warning signs
- Understand the interplay of body and mind in the stress process
- Deal with stressful behaviours, thoughts and attitudes
- Understand relationship between stress and job performance
- Learn tips on time management
- Gain practical tips on stress busters
- The many practical benefits of yoga
- The importance and techniques of laughter
- Learn to keep body and mind tuned through:
  - Energising yogic exercises (at the work place and at home)
  - Important and effective yoga practices
  - Simple but powerful breathing techniques

Programme Schedule

Registration: 08:30 – 09:30 hours
Workshop: 09:30 – 1700 hours

Luncheon, morning and afternoon tea-breaks will be provided for during the workshop.

About the Workshop Leader

Mr. Nikhil Desai is the **Director** of **The Centre For Excellence**. He has a deep commitment to enabling people excel in their personal and professional lives. As a part of this commitment he has been conducting workshops and seminars for the past 17 years. Thousands of participants in 43 cities of the world have benefited from the same.

A leading international trainer, Mr. Desai has also appeared on television and radio in New York and California. He is the only trainer in the world who has the combined strengths of an MBA from U.S.A, business acumen through eight of his own industrial enterprises, 17 years of experience in conducting training programmes and a qualified yoga practitioner for more than 20 years. This background enables him to share a rich wealth of ideas and experiences with the participants during his workshops which are very interesting, interactive and impactful.

Mr. Desai believes that stress is a silent killer – killer of productivity, time, relationships and health. In his Stress Management Workshops which are the best in the world on dealing with stress, he has innovated creative practices in the field of yoga. He has made yogic practices fun (instead of boring), easy (instead of difficult) and time-saving (instead of time-consuming). His "Stress Management" and "Relax The Body, Energise The Mind", workshops are great fun, very popular and highly effective in reducing stress.

His participants include executives of more than 350 companies including AC Nielsen, Aon Global, Asian Paints, BNP Paribas, Barclays Bank, Berger Becker Coatings, Cadbury, Cap Gemini, Castrol, Ciba, Citicorp, Clariant, Deutsche Bank, Ernst & Young, Federal Express, Firestone International, General Electric, German Express Shipping Agency, GlaxoSmithKline, Hyatt, J. M. Morgan Stanley, Johnson & Johnson, Kone Elevators, Levi Strauss, Merrill Lynch, Nokia, Pfizer, Prebon Yamane India, Pricewaterhouse Coopers, Ranbaxy Laboratories, Reliance, Shell Gas, Siemens, Standard Chartered Bank, Tata Steel, Thomas Cook, UPS and other companies.

Hear What Past Participants Have to Say

"Excellent workshop. It was very useful and very practical."
- R. S. Dabas – Director – CIOE – India

"The session was a lot of fun. It highlighted the importance of the proactive treatment of stress."
- J. Mokhtar – HR Manager – Hess Oil and Gas – Malaysia

"I feel rejuvenated and re-energised after the session. I enjoyed your session very much."
- Aziz Bin Saad – Principal Asst. Director – Ministry of Education – Malaysia

"Great and wonderful programme. Something simple but very practical and useful."
- Aishah – Head Human Capital – Cagamas Bhd – Malaysia

"Very beneficial and enjoyable workshop."
- Kevin Downsworth – Managing Director
– First Position Performance Development – UK

"I really feel very different. I was very tired all day but after your workshop I feel totally energised. This is great."
- Waheed Zainal – Counsellor – H R Department – Amex – Bahrain

"A great workshop."
- Vasuki Muthu – Manager – H R – Affin Bank – Malaysia

"I am feeling relaxed, fresh and energetic after the workshop. Very useful to release stress."
- Ahmad Imrat Samad – Executive – Training – Malaysia Airlines

"This session has created awareness in how you can de-stress. The yoga practice was very helpful. It was an enriching experience and the laughter session was really exhilarating."
- Monica Ang – H R / Corporate Affairs Manager
– Volume Interactions – Singapore

"Simple, flexible exercises for me to use and practice. Very useful and beneficial to me."
- Leong Wah Gee – Vice President H R
– Merrill Lynch International Bank – Singapore

"Very interesting. I have really benefited from this workshop. Thanks Nikhil for the interesting and enjoyable session. Well organised and well done."
- Patricia Fong – H R Officer – Pricewaterhouse Coopers – Singapore

"**THE STRESS MANAGEMENT WORKSHOP WAS THE BEST WORKSHOP I HAVE EVER ATTENDED**. Nikhil is very clear in his thoughts and explained how to relieve stress in a very practical and effective manner. The yogic stretching was the best of course and will help in improving the life and to develop a positive attitude."
- N. Suresh Kumar – Plant Engg. Executive – Asian Paints – India

Fees - S$495 nett per person

Team discount is available for 3 persons/more from the same organisation.

To register, please contact Partners Conference & Event Management Pte Ltd *(Reg. No. 200210370R)*
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☐ **YES! Please register me / us:**

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