

Stress Management

Program Overview

The primary objective of this training program is to equip participants with effective strategies for stress management and the skills necessary to deal with difficult situations. The training will focus on fostering mindfulness, self-awareness, and practical techniques for handling various situations that may trigger stress. Another primary focus of this training will be to create an awareness that stress is an energy that can be channelized in a positive direction to achieve desired goals.

Learning Outcomes

- You'll gain knowledge about the causes, types, and effects of stress on physical, mental, and emotional well-being.
- You'll be introduced to a range of evidence-based stress management techniques and coping strategies.
- You'll learn about maintaining healthy practices in reducing stress levels and promoting overall well-being.
- You'll be able to develop resilience by learning how to adapt and bounce back from stressful situations.
- You'll learn draining and filling technique

Who Should Attend

- Managers and leaders
- High-level managers and HR departments
- Team members to work together in harmony and more effectively
- Customer service representatives and sales agents
- Anyone who would like to improve their stress management skills

Trainer



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BOX

For Further Details

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Investment

15,000 + 5% Tax