

## Aims & Objectives

To provide both a good understanding of stress and its effects, and practical and realistic tools ideas for reducing workplace stress, enhancing well-being and improving work-life balance.

## Investment:

**PKR 15000/**

(exclusive of 5% tax)  
(inclusive of training  
material, certificate,  
lunch/refreshments &  
networking)

9 am to 5 pm  
IBA City  
Campus



## Course Outline

We will explore the three different key elements of an effective stress management strategy – practical stress management tools and techniques, review of work-life balance, and application of important ideas from positive psychology – to give participants a range of ways to reduce their stress.

- The Causes of Stress
- How stress works and how it affects you.
- Classic relaxation techniques
- Rapid Distressing approaches
- Technology and stress reduction
- Developing a better work-life balance
- Positive Psychology – what really makes us happy.

# Coping with Stress at Work



# About the Instructor

## Aisha Bela Malik

As a Management consultant & Corporate Trainer, she helps organisations to solve issues, create value, maximize growth and improve Institution's performance. She provides objective advice and expertise and help an organisation to develop any specialist skills that it may be lacking.

She is a visiting faculty at IBA Center of Executive Education as well and is primarily concerned with the strategy, structure, management and operations of a company, She suggests recommendations for change, as well as advising on additional resources to implement solutions.

Areas of Expertise include:

Personal Development, Leadership Skills, Communication Skills, Soft Skills, Business Strategy, E-business, Financial and Management control, Human Resources, Information Technology, Marketing, Supply-chain Management.

She has represented Pakistan as Women Entrepreneur Chairperson in ECO CCI meetings held at Tashqand & Istanbul from the platform of Federation of Pakistan Chambers of Commerce & Industry.



**FOR REGISTRATIONS:**

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