

Managing Stress during Uncertain Times

December 9, 2020 | Marriott Hotel-Karachi | 9:30am to 5:00pm

Overview

This one-day training program will cover the causes of stress and stress management difficulties and offers specific and practical solutions. By managing stress effectively, participants will be able to make a greater contribution not only to their organisation's goals but it will also help them to manage stress in their personal life too- they will be more effective at work but will still be able to achieve a sensible work / life balance.

Key Benefits

By attending this program, Participants will:

- Have a clear understanding of stress and what causes it
- Learn highly effective personal strategies, plans and techniques to deal with stress effectively
- Gain a clearer and better picture of their priorities, both in work and in personal/social life
- Learn how to link their short, medium and long-term goals
- Make better use of their time by making fewer lists but doing more of the things on them!

Who Should Attend

- Managers • Supervisors • Team Leaders • Team Member
- Anyone who wants to reduce stress in their lives

Agenda

- **Stress & Stress Management**
- **Understanding Stress**
 - What Is Stress?
 - What Is Stress Management?
 - Benefits of Stress Management
 - How Do You Currently Manage Your Stress?
 - What's Actually Happening When You're Stressed - "Flight or Fight" 21st Century
 - Stress - what are your 21st Century Stressors?
- **Facts about Stress & Burnouts**
- **Stress Management Exercise**
- **Stress Management Approaches**
- **Why Stress is harmful**
- **Deep Relaxation Exercise**
- **Tips for Stress Management**
- **Practice the 3 A's of Stress Management**
- **Skills of an effective Stress Manager**
 - Critical role of the line manager
 - Stress management skills and competencies
 - Small group exercise, individual reflective and action planning exercise
- **Food for Stress Relief**
- **Sequence of Change**



Course Facilitator Usman Riaz Qazi

Mr. Usman Riaz Qazi is a business Graduate Psychometric Expert, Certified Human Resource Management Professional, Organization Development Specialist and currently doing CIPD Level VII Certification (membership number 52376370) in HR, OD and Learning & Development from ICS Scotland, having more than 15 years of professional experience. He has worked / consulted a diversified range of organizations for developing their Corporate & Business Strategies, Balanced Scorecards, Structures, HR Policies and Procedures as well as designed their Key Responsibility Areas (KRAs) and Key Performance Indicators (KPIs) based Performance Management Systems.

He has conducted number of training sessions on Customer Services, Service Quality, Stress Management, Power Talks, 5 S, Internal Risk Assessments and many more for the clients like **Worldlink Communications Nepal, Ravi Autos, Urbansole, PPCBL, Bareeze, Minnie Minor, Kayseria, Akhuwat, Naveena Exports Limited, Ayesha Group of Companies, Samson Group of Companies, Vocational Training Institute, University of Central Punjab, Superior University, Cross Stich etc.**

Workshop Investment

PKR 12,500/-
+SST Per Participant

Fee Includes:

- 5 Star Hotel Venue for Training
- Course Material
- Certificate of Attendance
- Membership for TCS Octara WebMall+ (WhatsApp Group)
- Lunch & Refreshments
- Business Networking
- Post-Workshop Advisory Services
- Octara Loyalty Card

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To: **Umair Tariq, Admin & Accounts Executive**
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Tel: 021-34520708, Cell: 0343 5940485

Note: The program will be held keeping in view the social distancing guidelines as well as other SOPs related to the COVID19 risk.

Bring this program In-house at attractive discount

This workshop can be customized to suit specific needs of your organization which may lead to significant savings.
Please contact Sarim Atique at sarim.atique@octara.com or call at 0345-8949470

For Details & Registration contact

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