



Stress Management



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Stress Management:

Introduction:

In today's world, we experience a lot of demand for time & Result. Since the world is getting more complex, due to technological and economical progress, it has lead to inevitable stress. The goal of stress management is to bring our nervous system back into balance, giving participants a sense of calmness and control in their life. People who effectively manage stress consider life a challenge rather than a series of irritations, and they feel they have control over their lives, even at the face of setbacks. Work life balance is a tight rope walk between office commitments and home demands. In fact, it is about understanding your priorities, both at personal and professional level. You could work 80 hours a week and still make time to pursue highly fulfilling hobbies. Work life balance is about making time for what you think is important and this has no relation between how many hours you work in a week.

Objectives:

- Understand the benefits of a work-life balance.
- Learn about employer resources for a balanced lifestyle.
- Master Stress & Time management and goal setting.
- Leave work stress at work, and home stress at home.
- Create a balance at work and at home, Learn to manage stress.

Objectives:

- Work-life-Balance
- Self-awareness: Key to Work-Life Balance.
- Symptoms of stress and causes of stress
- Stress and Health, Stress and productivity
- Circle of influence and concerns
- Enlarging circle of influence: A key to Self-Management
- Managing emotions
- Art of delegation to maximize your productivity.
- Myths and realities related to Work Life Balance
- Components of Work-life balance
- Signs of an unbalanced life

Methodology:

Power Point Presentation, Games and Role-play, Psychometric profiling, Group Discussions & Case studies. All or some of the tools will be deployed based on participant's profile.

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