

Stress Control Strategies (SCS)

A Workshop on Stress Management

Get even with stress! This seminar workshop will teach you coping techniques to reduce harmful effects of stress on productivity and personal well-being.

Objectives: *Stress Control Strategies* is designed for the following:

1. To present the essentials in managing stress
2. To provide tips, guidelines and techniques on how to detect and manage job burn-out
3. To discuss specific situations connected with coping with stress
4. To explain the importance of stress control in maintaining work performance

Agenda:

- Understanding the Origins of Stress
 - The Dreaded Equation
 - Lifestyle in the 21st Century
 - Unmasking the Demon: Nature of Stress
 - Top Workplace Stressors
 - Stress and Burn-out: The Vital Signs
 - Reasons Why People Get Stressed
- Stress and the Body-Mind Connection
 - Managing Stress: Path to Personal Power
- How Burnout is Stressful: Principles of Stress Cycle
 - The Critical Objective of Stress Management
 - Stress and the Quality of Performance
- Dealing with Stress
 - Creating a Personal Stress Log Discovering Your Personal Stress Pattern
- The Mind, The Body and the Spirit: The Journey to Wholeness
 - Stress Reduction Techniques
 - Relaxing the Muscles
- Creating a Pleasant Fantasy

Who should attend: Managers, supervisors, team leaders, trainers and office staff in production/operations, office and other support departments

Seminar Fee: P2,750 + P330 VAT

Facilitator: Elisier M. Fantillo

Number of days: ½ (1-5 pm)

Seminar Dates: Aug 27'19, Oct 3 '19, Nov 7'19