



Stress Management

(April 26, 2018 at Islamabad)

OVERVIEW:

National Productivity Organization, Ministry of Industries & Production announces one day training program on "**Stress Management**" at Islamabad.

Stress acts as Termites to our Mind, Body, Heart and Soul. Stress may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest and that may be a factor in causing disease. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort.

DESIGNED FOR:

This stress management course is ideal for team leaders, supervisors and line managers who wish to reduce and manage work-related stress.

OBJECTIVES:

This workshop explores the causes of such stress, and suggests appropriate initiatives for an organization and its employees to undertake.

COURSE CONTENTS:

- What Causes Stress?
- Early signs of Stress
- Good Stress vs. Bad Stress
- How to manage Stress
- How to create Culture of Happiness

LEARNING METHODS:

- Power Point Presentations
- Role-play
- Brainstorm
- Open discussion
- Case study
- Self-assessment

Course Leader: **Mr. Sohail Riaz** is a Master Trainer and specialize in behavioral and organizational change. An Inspirational speaker, who is passionate about helping organizations unleash he untapped potential of their most valuable resource-their people.

Registration Deadline:

April 25, 2018

INVESTMENT: PKR 6,000/- Only
(Includes Course Material, Lunch, Tea and Certificate)

Timing: 09:30 AM – 04:30 PM

Venue: NPO head Office, Islamabad

For Registration Please Contact

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National Productivity Organization

Ministry of Industries & Production, Government of Pakistan