

# **FORE School of Management**

**Management Development Programme on  
Managing Stress at Work  
January 30-31, 2012, FSM Campus, New Delhi**

## **Backdrop**

Stress has become a major concern of modern times. It not only affects an individual physically and mentally but also affects his performance at work. Research has concluded that stressed out people are not good for their organizations. In most cases, stress leads to reduced efficiency and effectiveness. In fact, stress has been linked to 11 of the top 15 causes of death in Canada. It is estimated that stress is a factor in up to 70% of visits to physicians. Therefore, an important part of healthy living is to learn to bring stress to beneficial levels. Somebody has rightly quoted, "While we cannot direct the wind, we can adjust the sails."

Workplace stress can lead to stress spilling over into all aspects of life. Some studies suggest that job stress may increase a person's risk for cardiovascular disease, psychological disorders, workplace injury and other health problems. High level of stress adversely affects physical health, psychological well being and many aspects of task performance. Such evidence makes a strong case for understanding and managing stress. Therefore, learning to master stress management techniques can help prevent the counter effects of this urban malaise.

## **Programme Objective:**

The programme aims to:

- Identify the potential sources of stress;
- Understand the nature of organizational stress;
- Analyze the adverse impact of stress on various parts of life;
- Reduce Stress and burnout for better productivity
- Empower individuals to be in greater control of themselves for personal growth
- Increase Concentration and energy levels
- Rejuvenate body, mind and soul
- Increase overall sense of well being

## **Programme Content:**

- Understanding Stress, various stressors and its consequences
- Managing Self for Stress Management
- Developing coping strategies to overcome stress
- Increasing awareness about our emotions
- Strengthening Stress Management Competencies
- Managing Professional Relationships
- Managing Time and Task
- Feeling good about yourself through Practical sessions on Contemplation, Meditation & Mind Stilling Exercises

## **Methodology**

Training pedagogy would use a mix of experiential learning approaches, simulation exercises, role plays, group activities and mind stilling exercises.

### **Who May Attend**

This course has been designed for senior, middle and junior level executives, managers, professionals, consultants, established and budding entrepreneurs, academicians and trainers.