



BREAKING THE STRESS HABITS



CORVIT

Reaching end to end

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PROGRAMME DESCRIPTION:

Gain clarity and increased capacity of mind to overcome life's challenges. Our special training provides both physical and cognitive techniques to overcome negative influences of stress and to escalate aptitude to bounce back from adversity. Stress is experienced by our bodies in a similar way as our mind reacts to anxiety. Stress effects the humans physically, emotionally and mentally and it can lead to range of early warning health signals. Stress management is all about finding the right balance between the negative effects of stress whilst simultaneously benefiting from the positive effects of stress.

PROGRAMME OUTCOMES:

**By the end of the programme
the participants would be able to**

Respond appropriately to disruptions, deadlines, targets and competing demands on time

Gain mastery over mind and emotions and respond to other especially in challenging situations

Evaluate critical situations more clearly and remain calm at the moment of conflicts and prevent situations from escalating

Reduce the effects of negative emotions on decision-making

Understand and communicate more effectively with difficult employees / customers.

Learn environmental & physical relaxation techniques to achieve significant relief from insomnia, high blood pressure, discomfort and other stress-related conditions

PROGRAMME AUDIENCE:



Department
Heads



Production
Managers



Administrative
Employees

TRAINING METHODOLOGY:

- Interactive training filled with individual and group activities designed to be stimulating, informative and challenging
- Theory combined with real life practical application and case studies
- Corporate videos
- Sample exercises & tasks



PROGRAMME DURATION:

1 Day

PROGRAMME OUTLINES:

Recognizing Stress

- What is stress?
- Signs of stress
- Distress VS Eustress
- identify workplace stress

How to Prevent Stress?

- Handling mental stress
- Handling emotional stress
- Handling physical stress
- Handling self-stress
- Reducing stress through time management
- Improve intelligence to reduce workplace stress

Situation Handling

- Altering the situation and Identifying appropriate situations
- Creating effective actions
- Avoiding the situation and Identifying appropriate situations
- Accepting the situation and Identifying appropriate situations
- Knowing when to seek help
- How can friends and family help

Creating a Stress-Reducing Lifestyle

- Physical relaxation techniques
- Environmental relaxation techniques
- Using routines to reduce stress

Our Challenge to You

- Creating a stress log
- Recording events
- Identifying stressors
- Creating new habits
- Reviewing and evaluating
- Words from the wise
- Action plan
- Helping others through stressful situations



UAE (Dubai

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Pakistan (Lahore, Karachi, Islamabad, Rawalpindi and Faisalabad)

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