

**ELITE EDGE TRAINING**

**Proudly Present**

**lite edge**



# **EFFECTIVE STRESS MANAGEMENT FOR A HAPPIER WORK LIFE**

**(HRDC CLAIMABLE)**

**Date: 15th October 2024 (Tuesday)**

**Time: 09.00 am to 1.00 pm & 2.00 pm to 5.00 pm**

**Venue: KLGCC, Bukit Kiara**

**HRDF SBL Khas Claimable !**

**Transform stress into success!**

**Secure your spot just**

**for RM 895.00 per person**

**(Fee covers tea-breaks, lunch, a certificate of attendance,  
and comprehensive notes.)**



**Scan QR codes to REGISTER !**



## **PROGRAMME OVERVIEW**

**IN TODAY'S STRESS-RIDDEN WORKFORCE, THIS STRESS MANAGEMENT COURSE PROVIDES ESSENTIAL INSIGHTS INTO THE CAUSES OF STRESS AND OFFERS PRACTICAL, EVERYDAY STRATEGIES TO ALLEVIATE ITS IMPACT. EXPLORE THE LINK BETWEEN STRESS AND MENTAL WELL-BEING WHILE DISCOVERING EFFECTIVE STRESS-BUSTING TECHNIQUES FOR A HEALTHIER AND MORE BALANCED LIFE.**

## **WHAT YOU WILL LEARN?**

**AT THE END OF THIS TRAINING, YOU SHOULD BE ABLE TO:**

- UNDERSTAND THAT STRESS IS AN UNAVOIDABLE PART OF EVERYBODY'S LIFE.**
- RECOGNISE THE SYMPTOMS THAT TELL YOU WHEN YOU HAVE CHRONIC STRESS OVERLOAD CHANGE THE SITUATIONS AND ACTIONS THAT CAN BE CHANGED**
- DEAL BETTER WITH SITUATIONS AND ACTIONS THAT CANNOT BE CHANGED LEARN HOW TO COPE WITH MAJOR EVENTS**
- LEARN ENVIRONMENTAL & PHYSICAL RELAXATION TECHNIQUES**
- LEARN HOW TO USE A STRESS LOG TO IDENTIFY STRESSORS AND CREATE A PLAN TO REDUCE OR ELIMINATE THEM**
- MASTER THE THREE "A'S" OF A STRESSFUL SITUATION: ALTER, AVOID, ACCEPT**
- CREATE AN ACTION PLAN FOR WORK, HOME, AND PLAY TO HELP REDUCE AND**

## **WHO SHOULD ATTEND?**

**THIS COURSE IS DESIGNED FOR NEW HIRES, EXECUTIVES, MANAGERS AND IDENTIFIED INDIVIDUALS IN THE ORGANISATION, INTEGRAL TO THE BUSINESS OBJECTIVES AND TARGETS.**



## **DELIVERY METHODOLOGY**

**DIVE INTO DYNAMIC LEARNING WITH GROUP ACTIVITIES, DEMO, PRACTICAL WORKS AND PROJECTS, BLENDING PROBLEM-SOLVING, INTERACTIVE SESSIONS, STORYTELLING, AND ASSESSMENTS FOR A COMPREHENSIVE EDUCATIONAL EXPERIENCE.**

## **TRAINER PROFILE**

### **DR. VINOD NAIR**

**DR VINOD NAIR IS A PRACTISING MEDICAL DOCTOR WITH MORE THAN TEN YEARS OF EXPERIENCE IN HEALTH CONSULTATION, MEDICAL SURVEILLANCE, OCCUPATIONAL HEALTH, ERGONOMICS, HIRARC AND STRESS MANAGEMENT.**

**HIS WORK INCLUDES MEDICAL CONSULTATION, EXAMINATION AND TREATMENT OF PATIENTS UNDER THE SCOPE OF GENERAL PRACTICE, PERFORMING AND INTERPRETING ULTRASOUNDS FOR VARIOUS ORGAN SYSTEMS AND EXERCISE STRESS TESTS. HE ALSO CONDUCTS MEDICAL EXAMINATIONS FOR INSURANCE SECTORS, OIL & GAS AND OTHER SECTORS FOR PRE—EMPLOYMENT, FITNESS TO WORK & RETURN TO WORK.**

**DR VINOD NAIR GRADUATED WITH MBBS DEGREE FROM THE ASIAN INSTITUTE OF MEDICINE, SCIENCE AND TECHNOLOGY (AIMST) UNIVERSITY. HE IS A CERTIFIED AND EXPERIENCED OCCUPATIONAL HEALTH DOCTOR (OHD) WITH MEDICAL REVIEW OFFICER (MRO) CERTIFICATION FROM NIOSH, MALAYSIA AND THE ACADEMY OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE MALAYSIA (AOEMM), RESPECTIVELY.**

**DR VINOD IS ALSO A CERTIFIED ERGONOMIC TRAINED PERSON AND A CERTIFIED BASIC LIFE SUPPORT (BLS) TRAINER. TO ADD TO EMERGENCY CARE, HE HAS ALSO COMPLETED ADVANCE CARDIOPULMONARY LIFE SUPPORT (ACLS).**

## **COURSE MODULES**

**09.00 A.M to 10.30 A.M.**

### **1. Pre-Course Assessment**

### **2. Course Overview**

### **3. What is Stress About?**

**Defining and Identifying Stress Ways to Look at Your Stress Stress vs. Eustress**

### **4. Stress: Double Edged Sword**

**Cortisol the Monster: Understanding the Hormones Involved HIRARC in Stress: Identify Hazard, Assess and Control Stress**

- **Case Study**
- **Group Discussions**

**Morning Tea-Break - 10.30 A.M. - 10.45 A.M.**

**10.45 A.M. - 1.00 P.M.**

### **5. Stress at Work The Stress Tax Stress Inventory**

**Finding Some Solutions**

### **6. Mental Strategies Changing Ourselves The Triple A Approach**

**7. A for Altering the Situation Identifying appropriate situations Creating effective actions**

**8. A for Avoiding the Situation Identifying appropriate situations Creating effective actions**

**9. A for Accepting the Situation Identifying Appropriate Situations Creating Effective Actions**

**Lunch Break- 1.00 P.M. to 2.00 P.M**

### **10. Environmental Relaxation Techniques**

**Understanding your trigger factors**

**Create a work life balance**

**Open communication**

**Using a To-Do list**

**Organizing chores**

**Buddy system**

### **11. Personal Relaxation Techniques**

**Balanced diet**

**Exercise**

**Stretches**

**Music**

**Sleep well**

**Breathing exercise**

### **12. Other relaxation techniques**

**Evening Break- 3.30 pm - 3.45 pm**

### **14. Games & Group Discussion**

### **15. Post-Course Assessment**

**5.00 pm - End**

## **REGISTRATION FEE**

**Participation Fee: RM 895.00 per person (1day))**

**Fee inclusive of tea break, lunch and welcome morning coffee**

**HRD Corp -SBL KHAS HRDF Claimable**

**(Certificate of attendance awarded for those who complete the programme)**

**\*In-House Training can be organised upon request.**

**We have limited seats! Register Now!**

**To register, email to marketing department at**

**mytrain2@mytrainingmalaysia.com**

**Registration via online can be done thru our website at**

**www.eliteedge.com.my**

## **ORGANISED BY**

**ELITE EDGE TRAINING**

**LEVEL 23-1, PREMIER SUITE, ONE MONT**

**KIARA NO 1,**

**JALAN KIARA, MONT KIARA 50480 KUALA**

**LUMPUR MALAYSIA**

**TEL: +603 – 27856816**

**MARKETING WHATSAPP: + 6013 335 8805**

**”TODAY’S TALENT, TOMORROW SUCCESS”**

***WWW.ELITEEDGE.COM.MY***