



For more information write at
info@chrs.pk

Two days Training on **STRESS MANAGEMENT**

19-20 FEBRUARY

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USE A STRESS BALL



TARGET AUDIENCE



TRAINING CONTENTS

- Nature of stress (What is stress?, Stress in workplace, Stress indicators, Stress & pressure) Organizational Influence on stress
- Where does stress come from?
- Managing change-Individual transition
- Stress relieving techniques
- Work values
- Understanding food & stress and guidelines to healthy eating



EXPECTED OUTCOMES

- ☞ Reduce personal stress
- ☞ Improved decision making
- ☞ Increased productivity
- ☞ Connecting better to friends and families
- ☞ Reduce Negative organizational stress
- ☞ Increase individual productivity and Responsibility
- ☞ Better team communication and morale Retention of valued Employees
- ☞ Improve Customer service.