

TAKE CHARGE: 'A Destressing Journey' (2 days program)

Details of the program

Date : 22nd – 23rd June 2020

Time : 9am – 5pm

Venue : Armada Hotel, Kuala Lumpur

Fee : RM1,500.00



Overview

This workshop will help participants to zoom in directly the causes of the stresses at workplace and personal life and provide them with practical effective tools to avoid, reduce and manage stress – on and off the job especially relating to high growth environment in which your organization operates. Demanding work schedules and frequent changes makes a manager & executive to be prone to unusual stress and this workshop provides real practical hands-on tools for managing and eliminating stress, This course will enable participants to consider the management of workplace stress at an individual and organisational level, and will help participants develop and implement effective strategies to prevent and manage stress at work. There will be lots of opportunities to relate the content to the participants' own work environment, and to consider a range of practical stress management techniques that can help team members whilst executing management health and safety responsibilities.

knowing your subject well.

Learning Outcomes

- At the end of this course, you will explore the objectives on how to:
- To determine the root causes of their stress
- To recognize their own patterns of stress reaction
- Practical tips and techniques for reducing & relieving stress
- Understand stress in the workplace both in terms of organizational costs and
- Identify organizational influences on stress
- Identify stress and the individual by detailing individual personality profiles
- Detail 'The General Adaptive Syndrome'
- Manage stress in the workplace
- Powerful psychological techniques & Strategies for avoiding & manage stress
- 'Breaking the Pattern' technique, EFT and others to relieve stress
- New ways of dealing with stressful situations, people and attitudes
- The 'Anchoring' process of relieving stress whenever and wherever, at will.
- The influence of food and nutrition in combating stress

Methodology

Role plays , Gamification , Hands on Techniques , videos and slides



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Master Trainer

Dr. Harjit S. Sidhu (FCCA, NLP, IHA, Ph.D), has been in the corporate field for the past 17 years (in manufacturing, internet, travel & hospitality (hotel), music and consultancy industry) and in last 14 years, he has consulted and trained on various personal development topics that ranges from counselling, coaching to handling difficult people and various soft skills and other specific agendas for some re-knowned domestic and multinational companies and countless public programs.

Dr. Harjit obtained his **Doctorate of Philosophy (PhD) in Metaphysical Hypnosis (specializing in Coaching and Counselling)** from IMHS (Institute of Metaphysical & Humanistic Science, USA).

He is an **attendee of Tony Robbins's** (world's No 1 success coach) "Unleash the Power Within" program, **a 'fire-walker'** and is a **Certified NLP Practitioner** (International Society of Neuro Semantics, USA). He is also a **Certified Hypnotherapist** (CH, USA) and a **certified trainer with HRDC** (Human Resource Development Council and constantly develops new & unique programs that equips the working individual with powerful tools such as 'Transformational Communication' and others. As part of Hypnotherapy work, he extensively **conducts personal coaching and counseling work** to individuals who wants to transform their lives as well as the need for a **coach for success**.

He is regularly featured on radio talk shows on BFM 89.9 for various personal development topics. Dr Harjit is also a **member of International Association of Teamwork Facilitators** which constantly develops and uses new effective techniques in training sessions.

A dynamic trainer, knowledgeable, experienced and passionate in personal as well as Team skills development particularly in the science of human behaviour & metaphysics and how it applies to working and business environments allow him to approach the training he is conducting on a specific topic in a holistic, exciting and integrated manner. Dr Harjit uses **'Transformational activities'** in his programs in order to 'transform' and 'retain learnings' in individuals. His programs have been conducted within ASEAN region (Malaysia, Singapore, Brunei, Thailand, Vietnam and India). His style is fun and engaging whilst retaining the objectives of the Teambuilding activities. His clear and interactive style has won him much praises from participants from leading companies in Malaysia.

Course Outline

- Module 1* **The nature and causes of stress – the stress response**
- The nature and causes of stress – the real cause of stress
 - Symptoms of stress
 - Are you ‘boring’ yourself to stress? (Repetition, the silent stress advocator)
 - Activity: Power Discussion on causes of stress
- Module 2* **Managing Your Stressors**
- How to communicate your needs, state your limits, and say “NO”
 - Essential principals of managing your conflicts successfully
 - How to respond to criticism in ways that keep your stress at a minimum
- Module 3* **How to become Stress Resistant**
- Three characteristics of people who survive stressful times and how to adopt these to combat your own high levels of stress
 - Rational thinking – what it is and how you can use it to manage your stress
 - Four key strategies to help you change what you think about your stressors
- Module 4* **Eliminating Stress from Physical Environment**
- Ergonomics: Choosing and sitting in the right chair
 - Walking instead of taking shortcuts
 - Removing clutter and distractions
 - Smart Time Management techniques
- Module 5* **The General Adaptive Syndrome – dealing with this stress syndrome**
- What is the General Adaptive Syndrome
 - Physical Symptoms
 - Behavioral Symptoms
 - Eustress
- Module 6* **NLP technique # 1: REFRAMING for STRESS AVOIDANCE/RELIEF**
- Understanding what is Reframing
 - Demonstration of NLP Reframing technique
 - Dealing with stressful situations & people
 - Activity: Reframing your Partner
- Module 7* **NLP technique # 2 and EFT tapping techniques**
- Relaxation techniques and exercises: BREAK THE PATTERN technique !
 - Exercising your sense of humor for stress reduction
 - Visualization techniques (using ‘Anchoring’ process for conditioning the Mind to relieve stress whenever and at will)
 - EFT (Emotional Freedom Techniques) to relieve stress at will.
- Module 8* **Food and Nutritions: Take Charge of your Health !**
- The benefits of nutrition, exercise, music, rest and relaxation (the practical approach including techniques)
 - Latest breakthrough in nutritions and food (new discoveries set to change your way of eating)

Registration Form

ORGANISATION

CONTACT PERSON

ADDRESS

ENROLLMENT (NO. OF PAX)

TEL

EMAIL

TERMS AND CONDITIONS

COST FEE

Cost RM1,500 per pax (inclusive of all materials and certifications).

Please pay full amount of RM1,500 per person to secure your place.

The full fee is required with your registration 2 weeks prior to the training. The Fees include lunch, coffee/tea breaks and notes and Certificate of participation.

3 Persons registered are entitled to a 10% discount. Further discount are available for large group

Written Cancellation : Registration cancelled 7 days prior to the event are subject to a RM110.00 service

Charge per pax. There will be no refunds for notice received less than 7 days to the event.

A substitute may be made at anytime at no extra cost.

PAYMENT MODE

All Bank Draft / Local Order / Cheques must be crossed and made payable to:

Quantum Achievers International SDN BHD

BANK TRANSFER

Account Name – Quantum Achievers International Sdn Bhd

Account No – 512-400-500374 (Maybank)

All enquiries must be forwarded to: -

Quantum Achievers International S/B

Suite 7-23, 7th Floor, PVI 6, 2 Jalan Danau Saujana,

Danau Kota, 53300 Kuala Lumpur

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Free Gadget Organizer Bag for each participant

Organised by,

