

## STRESS MANAGEMENT- ENERGISING THE BODY & MIND™



Conducted by

**Nikhil Desai, International Speaker, Motivator, Trainer &  
Director, The Centre For Excellence**

### WHY THE STRESS MANAGEMENT PROGRAM?

We live in a period of rapid change. Changing lifestyles, technological advances and a very intensely competitive business environment have created tremendous stress for all of us. With the fast pace of life in the modern world we are all feeling burnt out as stress is slowly but surely taking its toll.

Rising stress levels are a root cause of people not being able to perform to their highest potential.

According to a survey by Princeton Survey Research Associates - "Three-fourths of employees believe there is more on-the-job stress than a generation ago".

**No executive or company can afford to ignore the effects of stress.**

Stress affects decision making, interpersonal relations, the quality of work and the level of productivity.

### OBJECTIVES

To enable the participants to:-

- Resolve & dissolve stress
- Feel more energized
- Improve problem solving and decision making
- Increase work effectiveness
- Achieve peak performance & productivity

### CONTENTS

- Develop a deeper understanding of stress
- Determine early warning signs
- Know cause of stress
- Understand the interplay of body and mind in the stress process
- Deal with stressful behaviours, thoughts and attitudes
- Make relaxation & energizing techniques a habit
- Gain practical tips on stress busters

- Learn to keep body and mind tuned through:
- Yogic stretching
  - Simple but powerful breathing techniques
  - Guided meditation
  - The techniques of laughter

### **FOR WHOM**

All executives of the organization at all levels and from all functional areas including Human Resources, Talent Management, Training and all other departments will find tremendous value from this workshop.

### **METHODOLOGY**

This program is highly interactive, participative and experiential. The Workshop takes place in an enthusiastic, warm and inspiring atmosphere using the most appropriate and interesting methods of training.

**The Stress Management Workshop is one of Nikhil Desai's flagship programs. It is considered by many to be one of the best Stress Management workshops in the world.**

**The feedback of participants for this program has been excellent at various international conferences including the:-**

- IFTDO World Conference on Training & Development in Malaysia in 2006
- Asia Pacific Speakers Summit in Singapore in 2007
- IFFPS Global Speakers Summit & The International Gathering in Dubai in 2007
- ISPI/IFTDO Conference in San Francisco in 2007
- International Society for Performance Improvement Europe 2009 Conference, Ireland
- International Society for Performance Improvement 2010 Conference, Sweden

### **TESTIMONIALS**

Excellent. The best workshop at the world conference of IFTDO (International Training and Development Organization).

**- Zarina - Head HR - Abrar - Malaysia**

The Stress Management workshop was the best workshop that I have ever attended. Mr. Nikhil Desai is very clear in his thoughts and explained stress relieving in a very practical and effective manner.

**- Suresh Kumar - Plant Engineering Executive - Asian Paints**

The Program was really an eye opener. The stress & the ways to manage the stress were fantastic these ways were not only easy but require less time The ability of speaker Mr. Desai to conduct as interactive progress was simply great! We read a lot about stress & managing this stress but making it understand in a simple & convincing way was really outstanding. The good things we are carrying with us will help us throughout our lives. Thanks a lot for such wonderful program.

**- Sarita Pagar - Asst. Manager - BPO Oman - Muscat**

This is the best program that I have ever attended in my life as it brings the health creation & with good health you can achieve anything in life. As the program gives a lot in very short time

i. e. how to live our life in an absolute manner. It brings positive thoughts in me for anything & everything. So, I am very thankful to Mr. Nikhil Desai. It was a very fruitful investment.

*- Alok Desai – Sr. Executive – JM Financial Services*

Excellent session for everyone! Thank you for sharing ways to manage stress both at the workplace and home.

*- Elizabeth Blow – Deputy Training Officer – U.S. Coast Guard – U.S.A*

I feel more energized. It is going to help me improve my job performance.

*- Anne Jorritsma – Learning Leader Europe – GE Plastics – Netherlands*

**Date :** 03<sup>rd</sup> March, 2012 **Time:** 9.30 a.m. to 5.00 p.m.

**Venue :** Sea Princess Hotel, Juhu Tara Road, Juhu Beach, Santacruz West, Mumbai - 49

**Investment :** Rs.7,200/- Plus 10.30% Service Tax (Rs.7,942/-) Per Program Per Participant  
Rs.6,800/- + 10.30% Service Tax (Rs.7,500/-) per program per participant (for 3 or more participants)

(Including fees, course material, certificate of participation, lunch & refreshments)

***STRESS IS A FACT OF LIFE BUT IT NEED NOT BE A WAY OF LIFE!***