

# Stress Management

<b>Aug 08 – 09, 2024</b>	<b>PIM, Karachi</b>	<b>Rs. 31,000/=</b>
<b>Sep 26 – 27, 2024</b>	<b>PIM, Lahore</b>	<b>Rs. 31,000/=</b>
<b>Dec 12 – 13, 2024</b>	<b>PIM, Islamabad</b>	<b>Rs. 31,000/=</b>

## Course Description

In today's competitive working environment more and more people tend to suffer from stress. Stress is called the silent killer. When it is generalized and persistent it has serious psychological and physical impact on the individual. In today's competitive working environment more and more people tend to suffer from stress. Stress is called the silent killer. When it is generalized and persistent it has serious psychological and physical impact on the individual. We might be stressed and not know it, or at least refuse to acknowledge it. Stress comes at us from all sides and hits us in different ways. We have to learn to deal with it, eliminating it where possible and desirable, in other cases coping with it as best we can and even, on occasion, using it in a positive way.

## LEARNING OUTCOMES

- You will acquire a new set of responses to minimize stress in your life situations
- You will be able to evaluate thoughts, statements and actions on a regular basis, and turn potential problems or areas of negativity into opportunities.

## WHO MUST ATTEND?

This course is intended for managers at all levels who have to deal with stress on their jobs and for human resource managers who want to monitor and manage stress levels in their organizations.

## COURSE CONTENTS:

- What is stress
- Eustress
- Personality type
- Model of Stress
- Sources of stress
- Reactions to stress
- Stress management techniques at both organizational and personal levels.

**FOR DETAILS AND REGISTRATION**

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