

2 DAYS EMPLOYEE ENHANCEMENT SKILLS: “STRESS BUSTER!”: WORK-LIFE BALANCE SKILLS IN MANAGING LIFE & WORK CHALLENGES

INTRODUCTION

Averaging our life span, most of us are spending nearly 80 thousand hours of our whole life in our “work”. Today’s average employee is expected to accomplish more tasks in less time. At the same time they want and need to have a fulfilling personal life. Achieving work-life balance always point to how each of us manage the demands in our personal life and workplace concurrently. The pull between professional and personal demands can create various types of stresses and with the increased competitiveness at workplace, experiencing stress become more inevitable and can be overwhelming. The challenge to managing our stress is making changes to improve our coping skills. Identifying warning signs and taking active steps to manage stress is critical to our personal life and professional survival at workplace.

BENEFITS FROM THE COURSE

This workshop provides participants an overview of the different coping skills required to manage stress effectively from 3 aspects – Self Management, Relationship with Others and managing changes in life/environment. This workshop encourages participants to learn through a group experiential setting and followed by individual coaching if required.

CONTENT OUTLINE

1. Coping skills for enhancing personal effectiveness in managing stress (SELF Management)
2. Coping skills for enhancing interpersonal effectiveness in managing stress (Relationship with OTHERS)
3. Coping skills for dealing with uncertainty & transition which causes stress (Changes in Life/ENVIRONMENT)

WHO SHOULD ATTEND

Anyone working adults whom are experiencing stress and challenges in achieving work-life balance.
Maximum 25 participants per workshop.

**HRDF Claimable
Under SBL Scheme**



For further information, kindly contact us at 016-227 1375 / 03-8063 8981.