



Presents Workshop on

Stress Management - Healthy and Profitable Employees

On Friday, 17th October 2014 from 9.30 AM to 5.30 PM
At Hyatt Regency, Sahar Airport Road, Andheri (E), Mumbai

As change is inevitable in every sphere of life, we encounter daunting challenges in our professional, social and personal lives. Today we are facing highly demanding situations in organizations. Work-Life balance is totally unbalanced. Day-to-day new personal needs are evolving. While making all-out efforts to fulfil various requirements, we are definitely subjected to Stress. Unless we manage this Stress, its repercussions adversely affect our performance, health as well as inter-personal relations. It is imperative to adapt ways and means to manage Stress and make life meaningful. This One-day Program on 'Stress Management – Healthy and Profitable Employees' helps in developing Professional Excellence, Leadership Traits, Positive Outlook and Networking.

Objectives:

To help participants to understand the Value of Health & Impact of Stress on Health and how 'Stress Management – Healthy and Profitable Employees' will enhance one's Performance in Profession, improve Linkages with Stakeholders and rejuvenate Personal & Organizational Life.

Contents:

- ✓ Causes of Stress and relevance of Pressures
- ✓ Work-Life Balance and Time Management
- ✓ Self-Management and Self-Motivation
- ✓ Mindfulness, Meditation and Techniques for handling Stress
- ✓ Effect of toxic stress on human body
- ✓ Energy exercises, Stretching & Controlled breathing
- ✓ Dietician's Suggestions & Recommendations

*"Every
now and then
go away, have a little
relaxation, for when you come
back to your work your judgment
will be surer. Go some distance
away because then the work appears
smaller and more of it can be taken in
at a glance and a lack of harmony and
proportion is more readily seen."*

- Leonardo Da Vinci

Methodology:

Interactive Lecturing Sessions, Role Plays, Breathing Exercises, Video clips, Hand-outs etc.



Who Can Attend?

Executives / Managers from all disciplines, Professionals from Public / Private Sectors, Associates from NPOs / NGOs, Academicians, Consultants, Practitioners. In short, all those who want to lead Healthy/ Wealthy Professional, Social and Personal Life

Date: 17th October 2014

Registration 9.00 AM to 9.30 AM

Sessions 9.30 AM to 5.30 PM

Venue:

Hyatt Regency, Sahar Airport Road, Andheri East, Mumbai, Maharashtra 400099

Participation Fee:

INR 10,000/- plus 12.36% service Tax

Mode of Payment:

Cheque drawn in favour of "Forum for Emotional Intelligence Learning" should be sent to: FEIL, 204-B, Sumith Samarth Arcade, Arey Road, Goregaon (West), Mumbai-400062

Fee include Participation, Course Material (Hard Copies), Working Lunch, Coffee/Tea

Nominations & Enquiries:

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feilnpo2014@gmail.com

Contact nos.

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+919920336086, +919820008189

FACULTY:



Dr Subhash Nikale,

MBBS, DGO, DPM, AFIH and PG in Obstetrics & Gynaecology, Industrial Health, Personnel Management (TISS).

He is certified in BLS & ACLS from AHA, USA and Certified Auditor for OSHAS 18001-ISO 14001 and for ISRS. In his 30 years' experience, he had extensively contributed towards training of Lifestyle Management for Healthy Life, CPR, Occupational Health, Disaster Management and Stress Management.

CO-FACULTY:

Ms Sushila Sarangdhar,

Consulting Dietician, is a Post Graduate in Nutrition and Dietetics. She obtained Diploma in Natural Living & Naturopathy. She had 32 Years of Experience in Clinical, Corporate Wellness and Academics.