



MANAGING STRESS FOR BETTER PRODUCTIVITY

SABAH SKILLS & TECHNOLOGY CENTRE

INTRODUCTION

Stress management is a strategic and operational concern for all organizations and management to accept. Stress is a universal and naturally occurring phenomenon in humans. It is estimated that at any one time, 40% to 50% of all adult workers are suffering from the adverse and often overwhelming effects of stress. Burnout, heart attacks, ulcers, decreased productivity; relational problems, depression, loneliness, and cynicism are frequent symptoms of chronic stress that adversely affect us personally, professionally, and physically. While stress cannot be eliminated, we can learn to deal with it effectively to maximize our potential.

COURSE CONTENTS

- What is stress
- How to measure stress in your own life
- How stress is present in the workplace
- How to protect yourself against stress
- How to develop a personal stress management plan
- What stress is and how it undermines personal effectiveness, productivity, and quality of life.
- Recognizing and reducing stress symptoms before they become a problem.
- Maintaining the work/life balance.
- Dealing with difficult people.
- Dealing with deadlines and work overload.
- Reducing emotional reactivity and anger.
- Understanding how your personality style can magnify or minimize stress.
- Experiencing the Relaxation Response and learning to generate it as needed.
- Using breathing as a powerful tool for staying calm and cool under pressure.
- Mindfulness-based stress reduction
- Peak Performance Imagery for effective goal setting.

WHO SHOULD ATTEND

Executive teams, Managers and employees at all levels

RESOURCE PERSON

Datuk Dr. Johnson Tee holds a PhD in Maritime Law and Master of Laws degree (LLM) from the U.K. He is a Chartered Member of the Chartered Institute of Logistics and Transport (CILT) United Kingdom. He is a holder of Diploma in Training and Assessment from Victorian Qualification Authority (VQA), Melbourne, Australia that qualified him as a corporate trainer. He is also an Accredited Trainer by Yayasan Pelajar MARA (YPM). Johnson Tee has worked as a ship chartering manager and senior personnel executive for a GLC for 23 years. Since 2003 he runs his own Consulting firm providing consultancy input for transport logistics and planning initiatives, corporate training and Seminar in logistics matters and motivation in Sabah, Sarawak and the Philippines.

Sabah Skills & Technology Centre

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Duration
2 Days

SSTC Member
RM 636.00

Non SSTC Member
RM 689.00

FSI's Member
RM 662.50

Fee is inclusive of
refreshment, lunch,
course materials and
certificate of attendance

*Rate inclusive of 6% GST