

HR PEOPLE : TIME AND STRESS MANAGEMENT



OVERVIEW

OBJECTIVES

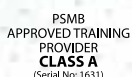
In this program, you can learn how to:

- a. Identify and eliminate time-wasters in your daily work-life in the organizations.
- b. Set effective priorities and reach your objectives more effectively
- c. Express your frustrations at work without jeopardizing your position
- d. Counsel yourself and others
- e. Relieve and release stress easily and instantly amidst a hectic day

We may face the prospect of having too little time and too many things to accomplish. Juggling the daily stresses of work requires us to continuously cope with whatever workloads that are being thrown at us. In our daily interaction with others, especially superior, bosses or executive and non-executive staff we also face stresses due to communication breakdown and datelines. Are you able to self-manage and overcome stressful situations without being stressed out? This workshop can help you enhance your efforts to find sustainable solutions to manage your time and learn new ways to handle stress using a set of unique brain-based approaches.

HRDF CLAIMABLE

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