

The Box Training presents



MANAGING STRESS FOR TODAY'S WORK LIFE BALANCE

TRAINER

Sri Devi Panchacharam

MBA (Leadership), Aust. & B.Sc.
(Hons) Business Computing, (U.K.)

Certified NLP Trainer & Coach

Certified in Time Line Therapy™

DURATION & DATES

18 & 19 August 2022 (2 days)

INVESTMENT

RM1,550 per pax (Early Bird)

RM1,999 per pax (Full Price)

Register 2 and 1 free

VENUE

Melia Hotel, KL

(*subject to change)

TARGET AUDIENCE

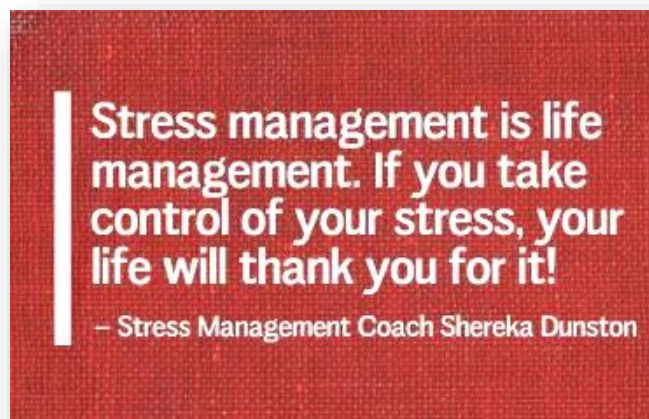
This highly-participative course is designed to coach leaders, managers and executives across all levels and departments to manage their stress levels effectively.



Participants attending this training will receive The Box Training's signature key learning-takeaway-cards. It can be used to reawaken concepts that were trained during this workshop at any time there is a need for a revision.

INTRODUCTION

Wouldn't it be fantastic if your team is healthy, happy and productive with minimal turnover and medical leaves? This highly interactive course will open with discussions on the nature of stress and proceed to demonstrate to participants an insight to the causes of physical and psychological effects of corporate stress. Participants will learn to identify the signs and symptoms of a burn-out and what can be done to relieve stress at a personal level.



A section of the training will coach the participants on "embracing stress" exercises using various proven methods and resilient thinking. Time management will also be highlighted with the focus being placed on managing workload, delegation and prioritisation. They will also be taught how to develop a positive outlook and gain work satisfaction through emotional management including a section on anger management. This is a complete training programme for better stress management, self-esteem, and techniques for staying positive at work. Information is presented in a humorous and relaxed manner, and hands on activities will be used to reinforce learning points.

TRAINING METHODOLOGY

- Classroom Lecturettes
- Open Talk Session
- Stand-Up Discussions
- Pre & Post Training Tests
- Group Brainstorming Activities
- Energisers
- Mock Feedback Sessions
- Role Plays
- Pop Quiz
- Discussion on Best Practices
- Videos



LEARNING OUTCOMES

Upon completion of this training programme, a committed participant will be able to:

- **Understand** the study of stress and its impact
- **Appreciate** that stress can be converted to be positive, and is an unavoidable aspect of everyone's life
- **Recognise** the symptoms that demonstrate that one is being plagued by chronic stress
- **Identify** situations in life which can cause a great deal of stress
- **Employ** physical and mental techniques to deal with stress
- **Self-manage** challenging emotions
- **Building** higher levels of emotional intelligence
- **Determine** the best ways to rearrange their priority list based on the way they currently manage time and realise how they can do it better
- **Set** practical goals that help achieve work-life balance
- **Execute** a simple 15-minute ritual to their daily routines that can ensure they do not ever 'forget' to do something again
- **Discover** methods to eliminate stress once time is managed well

COURSE OUTLINE

PRE TRAINING ASSESSMENT

Module 1: Taking Charge of Stress by Mastering Your Thoughts

- The Ultimate Challenges faced by People
- Neurotransmitters: Priming the Mind for Positives
- *Video Presentation: Exercise, Stress & The Brain*
- Your Thoughts: The Daily 60,000
- The Secret of the Mind: The Conscious & Unconscious Mind
- **Tool #1: The 2% Mindset**
- Why Do We Remain Stressed: The Comfort Zone
- *Partner Activity: The Comfort Zone Exercise*
- The Superhero Concept: True Story
- **Tool #2: WRITA Technique- Removing Negative Emotions**

Module 2: Reprogramming Our Mind to Reduce Stress

- *Activity: Help From a Colleague*
- Changing the Way We Look at a Problem
- *Video Presentation*
- Creating a Productive Mindset Despite Daily Challenges
- Individual Self-Discovery Activity: Helicopter Exercise
- **Tool #3: Reframing**
- *(End of day: Preparation for Project Gratitude)*

Module 3: Practical Stress Management Concepts & Techniques

- The Definition- Stress & People
- Do You Recognise Stress?
- How Stressed Are You?
- *Individual Quiz*
- The Four Stress Quadrants
- How Stress Happens?
- What Happens When You Are Stressed?
- *Demonstration Session: The Water Bottle*

- Stress Management Techniques and Toolbox: Stress-Reliever Techniques
- **Tool #4: Start the Day with a Powerful Question**
- *Project Gratitude*
- **Tool #5: Physical Exercise & Simple Stretches + Facial Massage to Destress**
- **Tool #6: Smile**
- **Tool #7: Breathing: You May Have Been Doing It Wrong**

Module 4: Setting a Direction to Take Action- Goal Setting

- The Most Important 15-Minutes of Your Day- When to Plan?
- **Tool #8: The Secret of Successful Planning: Identifying Your Prime Time & Down Time**
- *Your Battery Activity: Prime Time & Down Time*
- Law of Counter-Productivity
 - The Biggest Killer of Time Management
 - Change this One Habit for Immediate Improvement in Managing Time
 - *Configuring Your Whatsapp Settings for Better Productivity*
- **Tool #9: The Wheel of Life**
- Why New Year Resolutions Fail?
- *Demonstration: Keep Your Eye on Your Goal*
- **Tool #10: SMART Goals**
- *Activity: Are your goals SMART? Let's Test It!*
- *Creating Your SMART Goal*
- Ultimate Success Formula (Optional Tool)

NOTE:

- *Items in blue denote experiential learning activities*
- *The trainer may make some changes to the content where she deems fit to enhance the level of understanding whilst managing the training effectiveness & absorption rate of the participants.*

Managing Stress for Modern Day Work-Life Balance

Contact Person:

Inderjeet Singh

+603.227.222.10

training@trainingboxmalaysia.com

Training Style: Keeping the Workshop Realistic



The Box Training's Value Added Services (VAS)

- ✓ **Pre & post training tests** to gauge the effectiveness of the training programme
- ✓ **Key Learning Points Takeaway Cards & pouch** for all participants, who are then able to merge the knowledge from their training with their jobs.



- ✓ **Free post-training follow up** session to gauge the efficiency of the training and to iron out concerns
- ✓ All questions with regards to the topic can be **communicated with the trainer** directly at any point upon completion of training via social media messages
- ✓ Top notch **training materials**
- ✓ **Stationery** provided for each participant
- ✓ Softcopy updates of pictures taken from the training
- ✓ **Certificate** of Attendance

TRAINER PROFILE

Sri Devi Panchacharam

CORPORATE TRAINER & EMPOWERMENT COACH



Education Background

MBA (Leadership) University of Southern Queensland, Australia.

B.Sc. (Hons) Business Computing, Staffordshire University, U.K.

Graduated with a First-Class Dissertation Paper

Certification

HRDF Accredited Trainer

Certified NLP Trainer by American Board of NLP

Certified NLP Master Coach by ABNLP

Time Line Therapy™ Master Practitioner

Professional Membership

Member of the Time Line Therapy™ Institute

Member of the American Board of Neuro Linguistic Programming

Corporate Trainer (2005 till Present)



Personal Statement

It always takes that one day to change a person's life forever. After several overwhelming blows in my personal life, I started looking at life in a completely renewed perspective. Since then, my job has been to identify the power and skill within each individual, and empower people to realise that the person they are and the person they want to be are just neighbours. I am extremely grateful to be blessed to serve in one of the most empowering lines of work; to able to speak and transfer ideas whilst inspiring people. With the right trainer / coach, they would be able to open the windows of their mind and soul and change their lives for the better. This is my calling, and this is what I am here to do.

A Little More About the Trainer

Sri, who has trained notable CEOs and their teams across Malaysia, also conducts free seminars which are open to everyone across all walks of life, with the intention of empowering as many individuals as possible. As a Certified Master Coach, she also offers coaching sessions to her participants who need that extra boost to achieve their goals. During her Master certification programme which was attended by more than 18 nationalities across the world, she was awarded the title, 'NLP Super Star'.

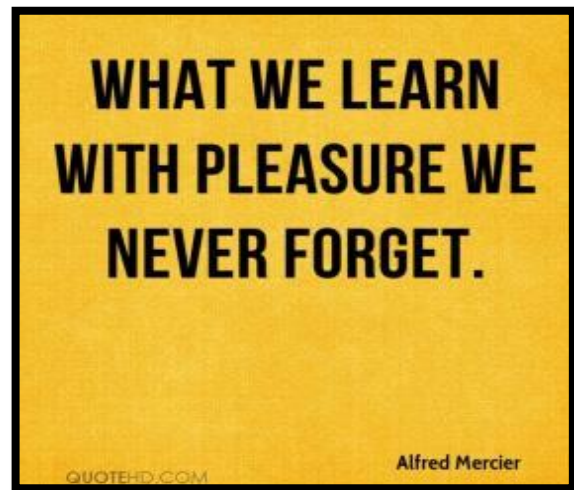
Sri is also one of the 22 Certified NLP Trainers in Malaysia by the American Board of NLP.

Sri has been invited as a guest speaker at events hosted by CPA, the Pandenomics, organised by Sunway University in June 2021, MBMR Retreat 2019 (A Talk on Understanding Minds; attended by the Board of Directors & top management team), as a guest speaker for Canon's Regional Master Promoters Conference in 2018 and at the Malaysian National Assistant to the CEO Apex 2013. She also emcees for events; namely the Programme Collaboration of the Corporate Finance qualification (CFq) between SIDC, ICAEW and CICA, 50th anniversary dinner for the Jaffnese Corporative Housing Society and the Women Entrepreneur's Excellence Awards 2011 organised by GOPIO, which was attended by notable VVIPs such as YMM Tunku Ampuan Najihah binti Tunku Besar and Tan Sri Devaki Krishnan.

Training Style: Keeping the Workshop Upbeat!



Anyone who is familiar with Sri will know that training is not just another job for her- it's her passion. Her trainings are focused on creating a purposeful impact, flavoured with sensible humour whilst maintaining the element of fun and excitement throughout the programmes. She also relates to her audience well, by using current and relevant case scenarios. After every break, participants are given an opportunity to engage in endorphin and adrenaline stimulating activities to ensure high concentration levels throughout the training.



Hands-On Training Activities

Participants are encouraged to think, expand their thoughts, create new ideas and step out of their comfort zones. In her workshops, everyone has a voice and discovers new dimensions of themselves. There is never a dull moment in Sri's workshop. Every primary concept is immediately supplemented with a hands-on activity, discussion, presentation or quiz. This is to ensure that the participants leave the training with a clear idea on what they need to do when they return to their jobs.



Trainer Testimonials

What people
are saying!

"The session is very well conducted by Sri and I enjoyed it very much!"

CEO, ERL (KLIA Express)

"The training has really helped us to get the building blocks that we need to manage smarter and better. Great job! Well done!"

CEO, Sports Direct

"The key take away points are really useful & manage to attract my attention at all times."

Group HR Manager, iProperty Group

"The exercises enhanced and reinforced the basic concepts and were conducted in a very friendly and professional manner."

Professor of Biomedical Science, UPM

"The speaker is good, very much updated, hilarious and managed to deliver well."

Doctor, Taiping Hospital

"The trainer was meticulous and put in tremendous effort in engaging the participants. Very useful and effective."

Lawyer, Agility Logistics

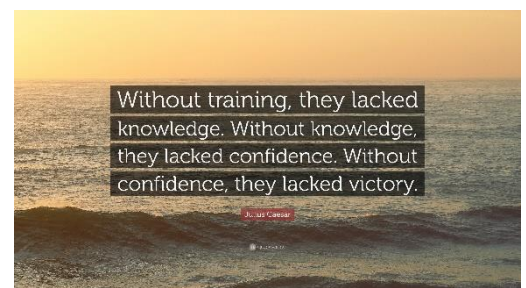
"This has been an insightful workshop, not just for those in the communications field. It will benefit others in any field or industry. Will recommend this course for our Senior Managers."

Thank you so much for a fantabulous 2 days."

Senior Manager, WWF Malaysia

"Sri is sincere in presenting the seminar. Her level of energy gave me more confidence in doing my future presentations."

Accountant, Feruni Ceramiche



THE TRAINING VENUE

Melia Hotel, Kuala Lumpur



The hotel also has a dedicated team of event professionals committed to making every event a success. All rooms are equipped with state-of-the-art audiovisual and telecommunication equipment with Wi-Fi access available throughout the hotel.

