

BUILDING EMOTIONAL RESILIENCE AT WORK

DATE: 29-30 April / 12-13 August / 27-28 November 2024
19-20 February 2025
FEE: RM900

DURATION: 2 Days
HRD CORP SCHEME:
HRD Corp Claimable Course

PROGRAM OVERVIEW

We are living a very stressful environment these days with jobs to juggle, family to take care, personal health to maintain. If we are always living with high levels of stress, we are putting our well-being at risk.

Stress wreaks havoc on our emotional equilibrium, as well as our physical health. It narrows our ability to think clearly, function effectively, and enjoy life. The bills won't stop coming, there will never be more hours in the day, and our work and family responsibilities will always be demanding. But we have a lot more control than we might think.

With so much on our plate, having emotional resilience is utmost importance to handle life's challenges with greater ease, to grow from adversity and to turn potentially negative events into positive ones. It can help us to become more resilient to stress.

Effective stress management helps us break the hold stress has on our life, so we can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for every individual.

This program is designed to making employee to have their desire into action and outcomes.

LEARNING OUTCOMES

Upon completion of this program, participants will be able to:

- Become of more self-aware.
- Recognise trigger buttons and remove the obstacles to managing emotions and stress.
- Equip oneself with life-saving kit to become more resilient emotionally.
- Demonstrate solution-focus approach.
- Take control of one's life and be happy.
- Understand and design better goals and outcome.
- Support personal and professional growth by having proper self-care

METHODOLOGY

- Interactive learning and practice in two-way communication

WHO SHOULD ATTEND

- First Level Manager
- Executive/Supervisory
- Non-Executive

FACILITATOR

Shin Tan

She is a Transformational OLA Communication Coach, who helps young executives who have challenges in their communication, and support their journey to success through better communication and game play. With more than 15 years in sales and coaching experience, she had been leading a motivated team to achieving nine-figure team sales achievement with a Malaysian property developer, Her greatest joy was to see her younger peers grow and be successful under her mentoring and coaching on how to present themselves, help customers to buy and provide excellent customer service during and after sale.

PROGRAM CONTENT

Module 1

Introduction

- Defining Stress
- How Does Stress Affect Us

Module 2

Stress Situation

- Stress & Time
- Dealing with Change
- Moving Out of Your Comfort Zone

Module 3

Self-Check-in

- Perceived Stress Test
- Assess Your Emotion
- Adding Variety to Your Routine

Module 4

Empowering Values

- Active Listening and Presence
- Powerful and Creative Questions

Module 5

Basic Stress Management Strategies

- The 4As Strategy - Avoid, Alter, Accept and Adapt

Module 6

Managing Stress

- BIG GIFT Methods
- 5 Senses Stress Busters
- Self-healing Techniques

PROGRAM SCHEDULE

Day 1

9:00am - 10:30am	:	Module 1
10:30am - 10:45am	:	Coffee Break
10:45am - 1:00pm	:	Module 2
1:00pm - 2:00pm	:	Lunch
2:00pm - 3:30pm	:	Module 3
3:30pm - 3:45pm	:	Coffee Break
3:45pm - 5:30pm	:	Module 3 (<i>continue</i>)
		End of the day

Day 2

9:00am - 10:30am	:	Module 4
10:30am - 10:45am	:	Coffee Break
10:45am - 1:00pm	:	Module 5
1:00pm - 2:00pm	:	Lunch
2:00pm - 3:30pm	:	Module 5 (<i>continue</i>)
3:30pm - 3:45pm	:	Coffee Break
3:45pm - 5:30pm	:	Module 6
		End of the day

