

## STRESS MANAGEMENT For Executives



Lately, have you been feeling tight around the neck, feeling short-tempered, anxiety, overwhelmed, losing sleep, poor memory, loss of appetite, headaches, tired out, losing sleep?

These are some of the signs that you are being stressed out. We will teach you effective ways to stop that stressing, and start living!

### OUTLINE

- How to recognize of Stress
- Triggers of stress
- Personal stress test
- Stress Map
- Biorhythm and performance curve
- How do YOU react to Stress
- Effects of Stress
- Multiple ways to overcome stress
- Balance model
- Plan of action for stress
- Relaxation exercise

STRESS MANAGEMENT FOR EXECUTIVES

### FOR WHOM

Managers, executives, supervisors, housewives, husbands, any working person

### COURSE FEE

**RM600 + 6% GST per person**  
(MIHRM Member )

**RM700 + 6% GST per person**  
[Others]

Date:

Time: **9.00am – 5.00pm**

Venue: **Armada Hotel, PJ**

### FACILITATOR

There will be 1 trainer well-versed in the strategies of Sun Tzu and who have successfully translated and applied them into their business to facilitate this program.

### CANCELLATIONS & TRANSFER

If you are unable to attend, a substitute delegate is welcome to attend in your place at no additional charge. A full refund, less 10% administrative charges, will be given if cancellation is received in writing at least 7 days prior to the program. No refund can be made for cancellation received less than 7 days prior to the program.

## REGISTRATION FORM



MIHRM is a class A training provider (serial number: 3215)

Please register me for .

Date of Training:

Membership No.

Name

Company

Designation

Address

Email Address

Tel No. (office)

(fax)

(mobile) Contact Person

Enclosed cheque No./bank draft \_\_\_for RM \_\_\_being payment for\_ participant(s).  
(Payment made payable to "MIHRM")