



## Programme Overview

Present an overview of what stress is, how stress is related to physical and emotional health problems, and how a holistic program of stress management can renew personal and pro-fessional enthusiasm.

To examine stress, the stress response, and the neurophysiological mind-body linkage in order to better understand how the body expresses itself through dysfunction.

## Aim

Identify the negative effect of stress on physical and emotional health, introduction to stress reduction planning, and introduction to recommended skills in stress management (e.g., in-tegrating personal and professional goals, increased productivity, learning to manage frus-tration, mitigating the impact of a stressful external environment, quieting the internal environ-ment).Information and discussion on stress, the physiological stress response, and psy-choneuro-immunology.

## Programme Objectives

- Define the purpose and function of stress management.
- Give the philosophy and rationale for the use of stress management.
- Identify the negative effect that stress has on physical and emotional health.
- Examine stress, the stress response, and the neurophysiological mind-body linkage.
- Better understand how the body expresses itself through dysfunction.
- Demonstrate an understanding of psychosomatic theory and holistic approach to stress management.

	Prerequisites:	N/A
	Lecturers:	VTDI Faculty
	Delivery:	English
	Duration:	18 Hours
	Fees:	BD 360/- <b>Local Certificate</b>

## ACCREDITATION:

Trainees will be awarded with a Certificate of Attendance by VTDI. This Programme is accredited by Hull University & IAO.



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## Who Should Attend?

Senior managers, team leaders and supervisors with line-management responsibilities.

## ACCREDITATION

Trainees will be awarded with a Certificate of Completion by Victory Training & Development Institute.

## Programme Structure

NO	UNIT TITLE	CONTACT HOURS
1	Stress, Stressor, and Stress Management Processes	3 Hours
2	Systems, Methods That Control Stress Arousal	3 Hours
3	The Body's Response to Stress	3 Hours
4	Stressful Emotions and Stress in the Workplace	3 Hours
5	Stress in the Workplace	3 Hours
6	Your Personal Stress Management Plan	3 Hours
<b>Total:</b>		<b>18 Hours</b>