

Don't Kick the Cat **Executive Stress Management**

Utilising mind-body synergy for enhanced emotional and physical well being

March 2011 - Pearl Continental Hotel, Lahore | March 2011 - Karachi Marriott Hotel

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Introduction

A machine that is jammed or clogged up with debris, dust, foreign matter, or with its own waste matter, cannot produce quality products or results. It's the same with the human body. Business pressure and stress jams and clogs up the human system. Uncertain business conditions in Asia have mentally and emotionally weakened many executives with destructive negative stress. Such work-related stress is seriously affecting personal health and organizational productivity.

Business related stress cripples the person and the company. This program helps you unclog your human system -- so that your company's profits soar, productivity increases, and market share enhanced. And your life given a boost.

Learning objectives

By the end of this training program, participants would have understood and internalized the concepts of stress management what stress is, what caused it, why it is unhealthy, why it hinders productivity, and how to reduce or eliminate it. Participants would have learnt specific techniques and strategies on how to be creative, enhance productivity, and enjoy healthy, fulfilling, stress-free lives.

Course Benefits

By the end of this program, you would...

- Learn about the causes of stress and why stress hinders personal productivity
- Have found out what would happen to you if you do not know how to de-stress
- Learn about external and interpersonal factors that cause stress
- Learn specific techniques on how to channel stress so that you become more creative, enhance your productivity, and enjoy healthy, fulfilling, stress-free lives.
- Learn about the mind-body connection – why most illnesses are psychosomatic in nature
- Learn how to get rid of dreadful deadlines
- Learn of a simple way of unlocking your creative genius
- Find out why it's so easy not to get angry or frustrated by things that happen to you
- Learnt the process of anger management
- Know the difference between being aggressive and assertive
- Learn how to relieve yourself of physical and emotional discomfort caused by stress

Participants will learn and apply the following processes, techniques, and exercises:

- The 5,000-year-old relaxation exercise
- Self-Healing techniques
- The Affirmative Self-talk technique
- The Emile Coue exercise
- The Triggering Device technique
- Chasing The Pain -- for self healing
- The Tweety Principle (Cause and Effect; Covey's First Principle)
- Managing anger
- The S.T.A.R. Principle (Emotional Intelligence in action)

Who Should Attend

This stress management program is for the President/CEO, directors, senior managers, mid-level managers and executives, and supervisors - people who bear the full brunt of the current business environment which ceaselessly drown them in an unending onslaught of stress creating situations and conditions.

Course Outline

We live in a demanding world

- A demanding world leads to stress
- The crippling effects of stress
- The fight or flight syndrome
- Discussion; external influences that cause stress
- Why and how stress creates health problems.
- How stress affects personal productivity

External factors that cause stress

- Interpersonal conflicts that cause stress
- Interpersonal = with parents, siblings, relatives, colleagues, peers, superiors, subordinates, vendors, etc.
- Emotional discomforts and breakdown caused by stress
- Physical discomforts and breakdowns caused by stress

The Exercise – an accepted 5,000-year-old relaxation technology

- The stress transformation exercise
- Various ways of reducing stress
- Measuring brainwaves
- The universally accepted methods of measuring brainwaves
- Names given to the various levels of the brain cycles -- Beta, Alpha, Theta, Delta

Practising The Exercise

- How to go down to Alpha
- What happens when you go down to Alpha?
- FAQ's and concerns on The Exercise

Why your job itself may cause stress

- The concept of job-fit
- A discussion on talents, strengths and passions
- When you don't have talents, strengths and passions for your job, you become stressful
- Why is a person weak in a certain job function?
- Specific steps to manage and rectify this situation
- How to reduce / control / transform stress caused by wrong job-fit

Don't take it personally

- Exercise: Someone hurt you with his words
- How to handle other people's bad opinion of you

Anger transformation

- ACRC – anger management S.O.P.
- Test yourself on anger management
- Some case studies on anger management

Being aggressive and assertive

- Case study – Spilled coffee
- Why being aggressive conflicts with higher personal productivity
- Group work: converting aggressive statements to assertive ones

Q&A on executive stress management / transformation
How to apply what we have learnt today in your life and on the job



G K Lim

President HRD Gateway

G K Lim is President of HRD Gateway, a 40,000-member international non-profit organization dedicated to excellence in human resource management. He is a training consultant in the area of consultative / solution-centric selling skills, key account management, negotiation, persuasion and influencing skills, managerial excellence, 360-degree leadership, stress management, and mind/intuition enhancement.

He holds an MBA from American Heritage University of Southern California, and currently working for his DBA from Ifugao State University, Philippines.

Since 1977, G K Lim has been studying various stress-release, physical wellness and mind development methods such as Silva Mind Control, Reiki, and Inner Quest electronic alpha-inducing systems. Meditation techniques he studied include TM, Buddhist, Kundalini, Vipasana, Natraj, Nadabrama and CSM (Clinically Standardized Meditation).

G. K. Lim is a Certified Herrmann Brain Dominance Instructor; Immediate Past President, China HRM; Fellow of the Institute of Sales and Marketing Management; an Approved CMSI Sales Personnel Certification Advisor & Instructor; ISO Certified In Marketing & Sales (ISO CMS 991182); Certified Competency-Based Training & Education Instructor; Accredited Facilitator, Accelerated Entrepreneurs Development Program; NLP practitioner; and publisher of "Partners," an ezine for professionals, managers, executives, and entrepreneurs.

G K Lim has had consulting and training assignments in Thailand, Indonesia, Malaysia, Singapore, Brunei, Philippines, Vietnam, India, Sri Lanka, Maldives, United Arab Emirates, and China, and has appeared on TV2 (KL), TVM (Maldives), UNTV (Manila) and RPN9 (Manila).

A partial list of in-house training clients include: ABB, ANZ Bank Hanoi, Bristol-Myers Squibb, Cadbury, Canon, Citibank, Dell, DHL, Digi, GE Toshiba Silicones, IQPC Oil & Gas Dubai, IITM Sri Lanka, Intel, Maersk Medical, Maybank, Maxis, Microsoft Thailand, Novartis Pharmaceuticals, O'Connor's, Panasonic, Reliance, Roche, Samsung India, Shell, Syngenta Crop Protection.

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We are a business information firm, having managed and organized events of various calibers during the last 3 years of our operations.

Among our more recent event are

the Entrepreneurship 2010 – Changing the Mindset conference with MPF, 2nd Women in Business & Leadership Conference WIBCON 2010, in April 2010 which we managed for PSTD. ICAP in collaboration with Terrabil organized a highly successful CFO Conference 'Rising CFO' in March 2010 which was attended by 600 delegates. MIT Entrepreneurship Forum Pakistan, Terrabil and OPEN jointly organized a conference on Corporate Innovation and Entrepreneurship'09, Karachi in November 2009. We also managed the MAP Conference in November 2009, Lahore with high appreciation from all over the country.

Terrabil Human Capital Management Conferences which were held in Karachi and Lahore in April'09 and July'09 respectively, and the Compensation & Benefits Day in June '09 also received a very good feedback from the HR professionals in the country.

We also organized the first ever conference on Digital Marketing in Pakistan titled Marketing 2.0 which saw the confluence of the top three names in the world of digital marketing - Google, Yahoo and Microsoft, represented by their senior executives from abroad. Global Head of Mobile Marketing P&G was also one of the speakers. Terrabil has also organized some events with Google Pakistan.

Terrabil was responsible for producing a series of highly successful road shows on the promotion of investment in Pakistani capital markets in different cities for its client the Central Depository Company.

As part of our operations, we also regularly facilitate international trainers to conduct public workshops in Pakistan. A few of them were 'Six Thinking Hats' with Dr. Sunil Gupta, Life Time Master Trainer of Edward de Bono Tools, Nick Blasdale Introductory Management Skills, Advanced Presentation Skills and Media Relations by Simon Bucknall, HR Balanced Scorecard with Alan Fell; Employer Branding with Dr. Olga Kampaxi, and many others.

Our recent training workshop participants list includes SSGC, OGDCL, KESC, KAPCO, Pak-Arab Refinery Limited (PARCO), Oil and Gas Development Limited (OGDCL), Total Atlas Lubricants Pakistan (Pvt) Limited, Shell Pakistan Limited, Byco Petroleum Pakistan Limited, National Refinery Limited (NRL), Pak Arab Refinery Company Limited, Pakistan Petroleum Limited, BOC Pakistan Limited, BP Pakistan Exploration and Production Inc, Attock Refinery Limited (ARL), Pakistan Security Printing Corporation, State Bank, National Bank, MCB Bank, RBS, HSBC Bank, Allied Bank, NIB Bank, Mobilink, Ufone, Zong, Wateen Telecom, Telenor, Siemens, Haleeb Foods, National Foods, Cadbury, Getz Pharma, Sanofi Aventis, Novartis Pharma, GSK, PharmEvo, Macter Pharma, Sight Savers, Syngenta, Engro Corp, Coca Cola Beverages, CDC, HUBCO, and Aga Khan University et al.

Send your cheque in favor of "Terrabil" to Murad Hassan

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