

# Stress Management for Professionals

Skill Groomers Management Services Pvt. Ltd.  
Presents a Training workshop by Dr. Kavita Vaidya

**Saturday, 21st January 2012,  
Institute of Company Secretaries, Belapur, Navi Mumbai**



skill groomers

## Dear Colleague,

With the economic growth and social development, the social and work life in metros is changing rapidly. Fragmented families, fierce competition, extreme working hours, peer pressure etc. are causing considerable stress to the employees. While many factors may not be within the control of individuals, the response to these stressors is in their hands. By learning appropriate skills, employees can face these challenges more effectively. To help them acquire the skills required to avoid the ill effects of stress and increase their productivity, we bring a special programme on stress management.

### Objectives:

- \* By attending this training programme, the participants will
- \* Learn to view their situation from a fresh perspective and prioritize goals
- \* Measure their stress level
- \* Identify the root cause of their stress
- \* Develop skills of managing and avoiding stress
- \* Develop skills of balancing work and family needs
- \* Understand issues related to health & nutrition

### Target Audience:

- \* Employees at all levels of an organization regardless of their age and hierarchical status

## Faculty: Dr. Kavita Vaidya

Dr. Kavita Vaidya is a mental health specialist based in Navi Mumbai. She graduated from Devi Ahilya University, Indore and obtained Post Graduate qualifications in Psychiatric Medicine from the B.J.Medical College, Pune. She is associated with a number of hospitals in Navi Mumbai as a consulting Psychiatrist. She conducts workshops on Stress Management and Parenting for organizations in Government, private sector and NGOs. She appears as a mental health expert on the Saam Sanjeevani programme of Saam Marathi channel.

## Course Contents:

- \* Understanding stressors and human response
- \* Managing stress
- \* How to handle difficult inter-personal situations at work place
- \* Managing expectations from self and others
- \* Tips and tricks of stress management
- \* Tips of health and nutrition and exercises

## Methodology & style:

- \* Power point presentation of key concept
- \* Learning through discussions and interaction
- \* Role plays

**Participation Fee** per participant: Rs. 2760/- (Rs. 2500 / + Rs. 260/- Service Tax)  
Demand Draft / Cheque to be made in the name of “Skill Groomers Management Services Pvt. Ltd” payable at Mumbai. Fee is inclusive of lunch for participants.

**Venue:** The Institute of Company Secretaries of India, Belapur, Navi Mumbai, Maharashtra

**Date:** Saturday, 21st January 2012

**Timings:**

- \* Registration: 0900 - 0930 hrs
- \* Session: 0930 -1600 hrs (Lunch break 1300 hrs to 1330 hrs)

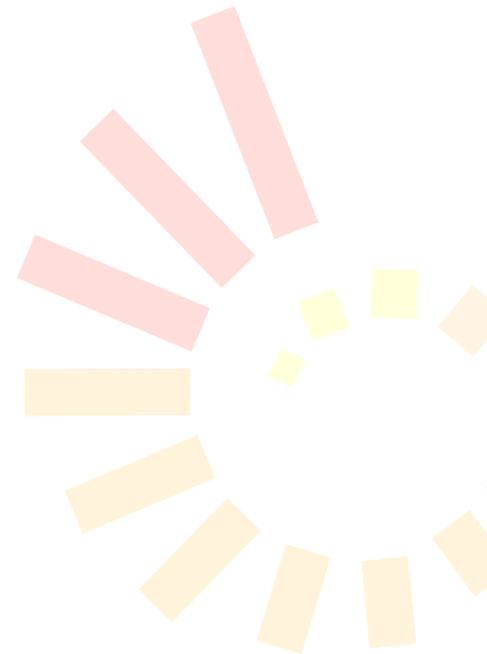
**For Registrations Contact:**

- \* Haresh Bamnalikar at +91 8879101333 or mail to [haresh.b@skillgroomers.com](mailto:haresh.b@skillgroomers.com)
- \* Swapnil Ghosalkar at + 91 9004141110 or mail to [swapnil.ghosalkar@skillgroomers.com](mailto:swapnil.ghosalkar@skillgroomers.com)

Look forward to your active participation and nominations.

Warm regards,

Skill Groomers Management Services Team



**Last Date for Nominations**  
**15<sup>th</sup> January 2012**

*Stress is when you wake up screaming and realize you haven't fallen asleep yet .*