

## 2 – DAY

# STRESS MANAGEMENT & RELAXED PRODUCTIVITY FOR A FULL REJUVENATION AT WORK

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## INTRODUCTION

Undoubtedly the world has changed drastically, forever as a result of Covid-19. Almost overnight within the blink of an eye, we have to learn to adjust, readjust, adapt, change and cope with an unfamiliar, unprecedented situation. All of this has negatively affected the mindsets of the work force leading to a major drop in productivity in the new norm.

Stress is at an all time high as fear of the unknown escalates, confidence plummeted compounded by endless rumours and unverified information swirling daily into our lives. In addition to coping with the new norm, everyone has days that are more hectic, unfocused, constantly rushing on the go - all these can have a detrimental impact on a person's physical and mental health/ well being.

Stress related disorders have become increasingly common. Our minds and bodies need to recharge, refresh and recover. There is no point talking, commenting and discussing about stress. All you need is a practical, hard hitting, high impact course jam packed with workable techniques, tools and strategies to cope, calm down, rejuvenate and eliminate stress/negative emotions. And this is what this course is all about!!

Many of the happiest, most successful, well adjusted people are those who have learned to respond to high levels of stress in a positive and balanced way. People are becoming more and more aware of how stress reduction techniques and strategies, a healthy diet, regular exercise can increase their personal wellness and productivity.

## METHODOLOGY

- Expert Input, Demonstrations and Presentations
- Practical Hands On Sessions and Role Play (Breakout Rooms)
- Stress Busters and Energizers
- Alpha/Theta Music, Visualization, Guided Imagery
- Mental Spring Cleaning and Clearing Techniques
- Mind-Body Connection and Exercises
- Relaxation and Feel Good Activities
- NLP Tools and Strategies
- Brainstorming and Sharing Sessions
- Manual, Workbook, Notes and Hand Outs

## COURSE OBJECTIVES

By the end of this course, you will be able to:

- Take immediate appropriate action to manage the stress response and the coping process
- Improve employee productivity, motivate employees to stay healthier and stress free with stress busters and energizers
- Access your inner strength and detoxify body through special exhaling technique
- Change emotional state effortlessly from disempowering to empowering
- Learn to stop self sabotage and to clear mental clutter/baggage
- Master the body-mind connection through guided imagery and visualization
- Value of nutrition, exercise and sleep in coping with stress
- Experience Feel Good sessions with activities and games
- Special session - technique to enter your inner world, quieten the mind and powerful relaxation
- Awesome, high impact sessions that gives fast and effective results using sound, movement and deep breathing

## WHO SHOULD ATTEND?

This Stress Management and Relaxed Productivity seminar is for anyone encountering pressure in working environment and who would like to feel better equipped to handle it. Learn how to stand up to stress & see it as an opportunity for personal growth & development and not a threat.

**ALL** managers, heads of departments, executives, supervisors, engineers, all support, administrative personnel from sales, marketing, purchasing, planning, production, technical, human resource, customer service, front desk, PR, quality control - all who wants to be effective, successful, well adjusted and want to learn to respond to high levels of stress in a positive and balanced way

# PROGRAM OUTLINES

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## MODULE 1: ACCESS YOUR INNER STRENGTH 'QI' CENTER AND DETOXIFY

- Start with Purification Breathing followed by reciting a positive Mantra full of love and light
- Get to the core of your Energy Center with powerful detoxification, intensive exhaling combined with lower body exercises
- Building the Body's Foundation - exercises to get the body moving
- Practice 4-7-8 Breathing for Health
- Demonstration and Hands-On Guided Practical Session

## MODULE 2: STOP SELF SABOTAGE AND CLEAR MENTAL CLUTTER/BAGGAGE

- Get rid of self-sabotaging behaviors - result of negative thoughts, poor choices and pessimistic mindset
- Eliminate limiting beliefs, negative emotions and unsupportive behavior
- Develop new empowering habits and thoughts after becoming aware
- Forgiveness Exercise - Ho'oponopono Healing
- Special Releasing Session For Strong Negative Emotions - Get Rid Of Negative Energy Through Sound And Movement

## MODULE 3: CHANGE EMOTIONAL STATE FROM DISEMPOWERING TO EMPOWERING

- Learn to take total control over your physiology by changing the way you use your body
- Change your focus, change your life
- The power of empowering versus disempowering questions
- Discover the Brown Room Experiment - whatever you focus on grows and expands
- Practical Guided Sessions - State Change and reframing
- Activity - Clearing Depression

## MODULE 4: TECHNIQUES TO QUIETEN THE MIND AND RELAX THE BODY

- Practice Eye Relaxation and Progressive Muscle Relaxation for stress relief
- The Glass of Water technique for solving problems
- Guided practical session - experience a unique technique to enter your inner world where time stands still, where mental and bodily healing take place
- BONUS: 3 subliminal CDs given absolutely free to achieve total health and relaxation easily, effortlessly, effectively

## MODULE 5: MINIMIZE STRESS AT WORK

- Identifying sources of stress - change or stay in pain!
- Know yourself - are you a stress prone Type "A" Personality or a Constant worrier?
- Communicate effectively to improve relationships and solve problems
- Modify behavior - choosing instead of reacting
- Simplify your life by learning to let go of mental and physical clutter
- Prioritization and goal setting - step back to see the bigger picture and don't sweat the small stuff!
- Change Management and 4A Technique
- Practice Session: Self Talk Therapy and VAKS Technique
- EFT Technique

## MODULE 6: LEARN TECHNIQUES TO FEEL AWESOME - DEEP BREATHING, FUN AND LAUGHTER

- Practice the Oxygenator - intensive oxygen breathing to clear the mind and reduce stress
- Discover Yoga Laughter as laughter is the best medicine
- Beethoven Activity to release and let go of stress/negative emotions
- Activate your daily D.O.S.E. of happiness and optimism chemicals
- Guided practical hands on sessions

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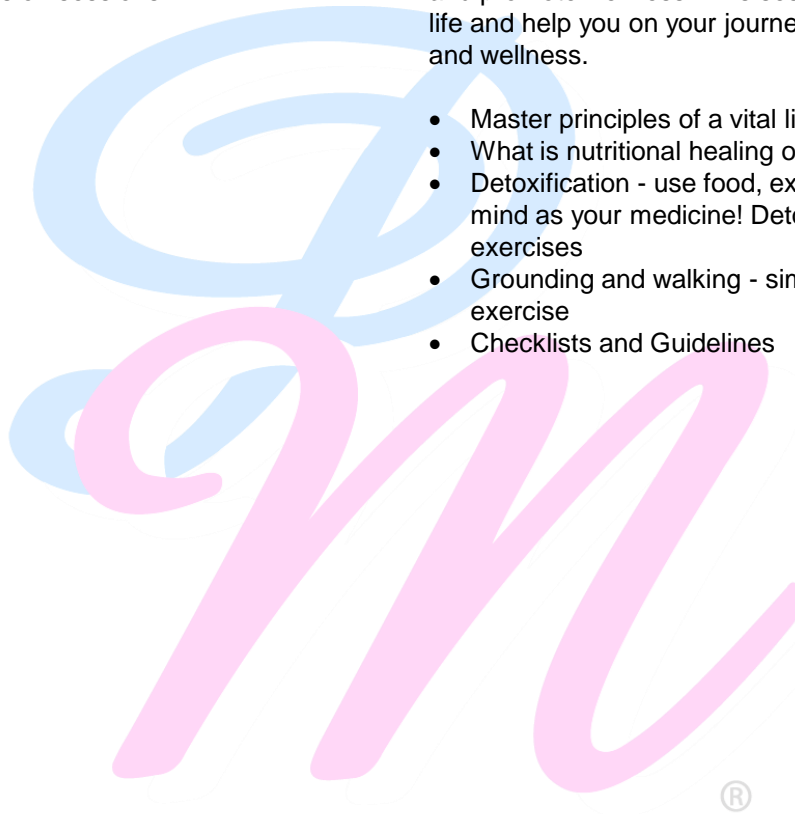
### MODULE 7: MASTERING THE BODY-MIND CONNECTION THROUGH MENTAL TECHNIQUES

- Tap into Guided Imagery and Visualization to relax and feel good
- Explore a technique to heal the heart and mindfulness meditation
- Guided practical hands on sessions

### MODULE 8: FAST TRACK TO WELLNESS - HEALTHY HABITS FOR BUSY PEOPLE, NUTRITION CONNECTION AND SLEEP

Making simple changes to your lifestyle habits may add up to a healthier you. Learn the secret healthy habits that may put a zip in your step, whittle your waistline and promote wellness. This session may change your life and help you on your journey toward better health and wellness.

- Master principles of a vital life: 8 gifts and 4 poisons
- What is nutritional healing or diet therapy?
- Detoxification - use food, exercise and your own mind as your medicine! Detoxify through exhaling exercises
- Grounding and walking - simple easy effective exercise
- Checklists and Guidelines



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