



KUALA LUMPUR BUSINESS SCHOOL



PEMBANGUNAN SUMBER MANUSIA BERHAD

PROGRAM DI BAWAH SBL-KHAS

3-Day Workshop on

EUSTRESS MANAGEMENT

Transforming stress into productivity

Transforming Stress into Eustress

- If we have the resources to meet the demands of our environment, we can use stress in an effective way.
- Learn how to say "No!" in an effective way to all the stressors that put you into unresourceful states of anger, frustration, irritation, dread, etc.
- Discover the secrets for how to transform stress into eustress and productivity.
- Learn how to turn off the stress signals that we send our brains so that we can more appropriately use the needed energy to take on the challenges and tasks of today.

OBJECTIVE

With the knowledge and skills acquired during the training programme, trainees are expected to know the causes of stress and symptoms of distress. This programme will also demonstrate both physical and mental techniques in handling distress. By transforming stress into eustress, trainees will be motivated toward accomplishing organizational goals.

WHO SHOULD ATTEND

Managers
Supervisors
General staff



PROGRAMME OUTLINE

Understanding Stress

- Causes of stress
- Stress symptoms
- Diagnostic tools

Eliminating Stress from the Physical Environment

- Choosing and sitting in the right room and chair
- Walking instead taking lift or escalator
- Removing clutter
- Make your work-station more greenery

Mental Techniques for Handling Stress

- Anticipation and avoiding potentially stressful situations
- Reducing the importance of an event
- Reducing uncertainty
- Enhancing positive thought

Physical Therapy: Stretch, Twist, and Reach

- Physical exercises for stress relief
- Breathing exercises
- Treatment for energy renewal

Understanding Food and Stress

- Nutrition for healthy body
- Diet for maximum productivity

Prescription for Success

- Managing stress
- Building self esteem & positive attitude
- Creating goals



SPEAKERS

Dato' Dr. Sudin Haron is one of the world's renowned scholars in business and management, as well as in banking and finance. Currently, he is the President of Kuala Lumpur Business School and Executive Chairman of Vision Bridge Sdn Bhd. He was attached with the Central Bank of Malaysia as a Specialist at the Islamic banking and takaful department from 2005 to 2006. In 2006, he was appointed as the Deputy Chief Executive of INCEIF (International Centre for Education in Islamic Finance). Before joining the Central Bank of Malaysia, Dato' Dr. Sudin served the Northern University of Malaysia in various capacities as an academician and administrator. Prior to becoming an academician, he worked with one of the local banks in Malaysia and his final assignment was as a branch manager.

Zainal Abidin Yahya is a Certified Professional Trainer (MIM-CPT) and Certified Professional Entrepreneur (MIM-CPE) from Malaysian Institute of Management, as well as a Certification in Training from Pembangunan Sumber Manusia Berhad (PSMB). He is also a Member of Malaysian Institute of Management (MMIM). He is a qualified trainer in areas such as financing for agriculture sector, marketing, sales and customer service, entrepreneurship development, as management, and organizational behavior.

Guest Speaker

Dato' Raduan Hj. Md Taib has a vast experience in the banking and corporate world. He has 11 years of experience in the banking sector. Subsequently, he ventured into the corporate world in 1987 as a Chief Operating Officer and was later promoted as the Chief Executive Officer of one of the biggest property developers in Malaysia. He also served as the Vice President of the International Real Estate Federation or FIABCI Malaysia. Dato' Raduan was also actively involved in the development of entrepreneurship in Malaysia whilst serving as an Exco member for the National Chamber of Commerce and Industry Malaysia (NCCIM), the Vice President of the Malay Chamber of Commerce Malaysia (MCCM), and President of MCCM for the state of Selangor. Dato' Raduan holds an honours degree in Political Science and obtained his MBA from the Asian Institute of Management.

About Kuala Lumpur Business School

Kuala Lumpur Business School or better known as KLBS was set up to promote and develop leadership as well entrepreneurship excellence. KLBS is committed to continuously strive in becoming a world-class training provider with dedication and enthusiasm to deliver the highest standard of professional training and consulting to our valued clients. We believe that continuous training, skills upgrading and development of workforce are important processes to provide employers with a competitive edge in the ever competitive market and knowledge-based economy.

At KLBS, our vision is clear and concise: "Creating Dynamic Leaders". Our mission is to contribute in significant ways to the advancement of leadership knowledge and the development of leadership talent which appreciate our own values but with international outlook. KLBS seeks to create a deeper understanding of leadership which is both intellectually engaging and personally meaningful.

Contact us: Kuala Lumpur Business School, Suite 4-4-1, Jalan 4/50, Diamond Square Commercial Centre,
Off Jalan Gombak, 53000 Kuala Lumpur.
Telephone: 03 4024 6011/ 014 620 6611 Fax: 03 4023 7011
Website: www.klbs.com.my Email: training@klbs.com.my