

People Wellbeing: Stress Management and Changing Mindset

PROGRAMME OVERVIEW

Everyone wishes to be stress free in their life. The first step towards becoming free of stress is to change your mind set. This is the toughest job. However, the question is what is mind set? How to change it? For leading a stress free life, a positive mind and a happy attitude will always help to overcome stress. This relates to attitude. Good or positive attitude and a happy healthy mind always help to meet your objectives. Whatever, we do in our life always remember there is no shortcuts. It leads to imperfection and inadequacies which leads stress. When you strive to be successful, stress is a natural part of it. You need to be excited about your venture of life. Excitement and enthusiasm will always lead towards inspiration for you and your environment. If you need to lead a stress free life, you need to believe in yourself muster your courage to face the reality. Sometimes it is a great disadvantage and disappointment. Remember any failure is worth, if we can learn something out of it.

LEARNING FROM THE LEADERS...

The trainers have more than 30 years of industrial experience in the field of HR management including interpretation, application and consultation on legal requirements in various types of industries across different states in India. They share practical approach in compliance through structured case studies, blended with theoretical inputs.

**Team It Up
With Training!**

www.consultivo.in/training

FOR REGISTRATION

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COURSE COVERAGE

- Introduction & objectives
- Sources of stress
- Causes & symptoms of stress
- Managing stress
- Align your mental health with physical health
- How does mind set changing can help in managing stress
- Awaken your dream
- How to remove fear and limitation
- NLP Practices in managing stress
- Well-being audit at workplace – know your stress level

Benefits:

At the end of the course, the participants will be able to learn:

- Assess your stress level
- The practical aspects of life and how to manage
- Changing mindset and become successful (Stress Free)

Faculty:

Dr. Ruma Gomes –Senior Faculty
Business Manager (People & Community), Consultivo, Phd in
Stress Management

Ms. Madhabi Guha Basu – Faculty, Business Manager (Training),
Consultivo, NLP Practitioner



10th August 2018



Kolkata



One Day Training

TARGET AUDIENCE

All levels of professionals, students, faculties, people who are engaged in any profession, junior and middle level officials.

FEES

ICC Members Rs. 4720/-
(Inclusive of GST)

Non Members Rs. 5900/-
(Inclusive of GST)

Group participation discount:

10% off for 3 or more participants
15% off for 5 or more participants

Participants will
receive joint
certificate from
Consultivo Academy
and Indian Chamber
of Commerce



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