

Structure: Programme : 2 days
Post Programme : 1 day



For Whom : Across All Levels of Management
Group Size : 18-20

A close-up photograph of a hand holding a thick yellow rope. The hand is positioned on the right side of the frame, with the thumb and index finger gripping the rope. The rope extends horizontally across the middle of the page. The background is plain white.

Executive Stress Management

BENEFITS:

- ◆ Gain A Deeper Insight Into Ones' Personal Root Causes Of Stress
- ◆ Release / Reduce Stress Using Experiential And Scientific Ways
- ◆ Significantly Raise Ones' Energy Levels
- ◆ Practice Better Mind Control And Balance
- ◆ Manage Interpersonal Causes Of Stress Effectively

Pragati Leadership Institute Pvt. Ltd.

Energising Organisations through Wholesome Leadership

Welcome to Pragati...

The Pragati Group includes Pragati Leadership Institute (P) Ltd., Good Work Center and Pragati Foundation (an NGO).

Pragati Leadership Institute (P) Ltd. was founded in 1986 with a vision to facilitate love-inspired leadership development in individuals and organisations. We do this by creating & delivering effective learning products and services that are well researched, simple and inspiring. We work to unleash people potential for all-round results.

Our paradigm of Wholesome Leadership integrates the systems oriented thinking of the West with the spirituality of the East. The unique integration unfolds the hidden founts of leadership at every level within the organisation.

Over 550 organisations have benefited through us in the past 20 years..

Our clients are from diverse businesses such as consumer goods, industrial products, financial sector, information technology, manufacturing, insurance and other service sectors.

Contents

- ♦ Identifying Personal Root Causes Of Stress
- ♦ Making The Stress Management Model Work
- ♦ Experientially Understanding The Body-Mind-Energy Complex

Levels of Consciousness

- ♦ Diet And Life-style
- ♦ Ergonomics And Healthy Work Postures
- ♦ Managing Interpersonal Conflicts and Difficult Conversations
- ♦ Building Daily Exercises Practice into Ones' Routine

Methodology

- ♦ Guided Self Reflection, Conversations, Discharge Mechanisms, NLP
- ♦ Yoga & Ayurveda, Acupressure, Meditation
- ♦ Psychometric Tools and Role Plays



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