



# be cool

## performing under stress

Met anybody who is not stressed?

"Is this stress required?"; "is it healthy?" and "what can be done" to convert such challenging situations to effectively perform, is the subject discussed & experienced in this training module.

### Contents

- Why are some people angrier than others?
- What is the cause of anger?
- Strategies to keep anger at bay
  - Create choices
  - Stay positive
  - Be prepared for the worst
  - Take control of your life
- Step wise approach to manage stress & anger
  - Awareness
  - Accept
  - Acknowledge
  - Detach
- Ways to a less stressed life
  - Prevent

### Take Away

Participants will understand the benefits of reducing stress and the positive changes it brings to performance at work & quality of life.

### Schedule, venue & course fees

Dates: 08 Jul 2017 (Saturday) Time: 0930 hrs to 1700 hrs

Location: Delhi NCR

Participation fees: ₹ 2500/ person\*# + service tax

\* (includes certificate, study folder, working lunch & refreshments)

# Register & Pay [here](#)

### Objectives

Understanding stress  
Understanding ways to deal with stress & anger  
Focus on excellence despite stress.

### Who should attend?

Open to all

### What is the duration?

1 day

### Interaction language

English, Hindi

### Methodology

Multimedia Presentation

Lecture

Facilitated Discussion

Group exercise

Individual exercise

Study material

Anecdotes

Role plays

Inventory

Games

Q & A

### Course Facilitator

Mr. Sanjeev K. Dhawan (B.E. form VNIT, Nagpur) is an improvement enthusiast with wide range of techno-commercial experience and a strong commitment to the use of creative & innovative methods.

He has conducted more than 1000 training workshops with participants from leading Indian & multinational organisations.

To benefit from this training workshop as an organization or, an individual or, a group, please [contact us](#).

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