

The World Health Organisation says that Stress & Depression will be the leading cause of disability by the year 2020. We see the impacts of stress in many organisations and it can impact them in their absenteeism, short term disability, productivity and even in their creativity on how to solve problems and get along with each other. Hence, we aimed to bring the suitable tools into the workplace that will help organisations to find the right strategies to build strong, healthy teams and relationships.

Uniquely tying the DISC Behavioural system into stress management, this workshop will give you new insights on ways of identifying and managing stress in your life and tools to help others at your workplace.



Why should you attend this workshop

Because this is all it takes for you to gain awareness of the stress level in your daily life, understand how adversely it affects physical and mental health; discover your personality and behavioural style, learn about the types of stress associated to it and effective ways to overcome them.

Who should attend this workshop

This workshop is designed for everyone who wants to practice emotional hygiene.

What you will learn on

The course will enable you to:

- Identify and understand stressors and stress signals.
- Explore effective strategies to bring order to chaos with stress-free productivity.
- Cope more effectively with their stress and achieve balance and success in life.
- Develop an understanding of how the 4 basic personality styles deal with stress.
- Administer the Stress Evaluation Profile that identifies your individual level of stress in critical life areas.
- Use the strengths of your personality to overcome stress.
- Develop a stress management programme tailored to fit your individual style.
- Manage stress and build resilience.

Date: 16 Jun 2015
(Tuesday)

Time: 0900 - 1700

Venue: Unit No. 501, Fourth Floor, Blok A,
Pusat Perdagangan Phileo Damansara 1,
Off Jalan Damansara, 46350 Petaling Jaya,
Selangor.

HRDF Claimable

Workshop Outline

1-Day Workshop:

Who are you?

- Focus on understanding oneself
- Insights into ways of dealing with stress
- Developing and customizing an effective personal stress management programme

Who are they?

- The key to understanding others and self
- Interpersonal relationship and stress

What is Stress?

- Understanding types of stress
- Stress evaluation profile
- How does it affect us?

Deepening your understanding of stress

- Understanding your stressors
- Developing an effective action plan to keep them under control

Overcoming stress

- Using strengths of your personality and behavioural styles to overcome stress
- Adopting effective time management skills to boost productivity and to enhance a wider well-being.

Reflection & Sharing

About Go Training

Go Training applies effective pedagogical methodologies that demonstrate case studies and hands-on practical skills, in addition to explaining clearly how things work in principle. Every course that we conduct is delivered by a subject matter expert who holds the academic qualification and working experience in that specialization. On the days when they are not teaching, our trainers work on consultancy projects and technical deliveries. Their work has received numerous recognition and awards in the industry. Our team of trainers has been invited as keynote speakers at numerous international conferences, and as principal consultants for various industries.

About the Instructor

An articulate and highly energetic trainer, Ms. Jasly Kong demonstrates her passion unflinchingly in every workshop she conducts. Coupled with her ability to bring in the sense of humour on the topic of human behaviours, she is able to engage her audiences, and made an impactful workshop.

Jasly is a living example of the **DISC** practitioner as she applied her **DISC** knowledge in all her dealings with people which include her own family, career and community services.

Her passion lies around the area of people development, which is a crucial aspect in any organisation's success. As a **Certified Advanced Behavioural Analyst**, Jasly believes in developing talent with a focus on business and growth opportunities.

She is also a **Certified Life/Executive Coach**, endorsed by the International Coach Federation and a **HRDF Trained Trainer**. In every training session, she aims to promote the level of happiness at workplace which is systematically associated with a higher productivity of the organization.

Go Training
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