



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.

Objectives

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

Who should attend?

Operative level, Middle level, Senior level

What is the duration?

1 day, 2 days

[choose duration](#)

Interaction language

Hindi, English, Hindi/ English

Methodology

- Multimedia Presentation
- Lecture
- Facilitated Discussion
- Group exercise
- Individual exercise
- Study material
- Anecdotes
- Role plays
- Inventory
- Games
- Q & A

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

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