

# Essential Soft Skills for Corporate Success – Stress Management



Education and Training Services

Skills & expertise to help you increase your knowledge in the field of various essential soft skills

## Course Highlights

The lack of Soft Skills among potential and existing employees is a significant problem for many businesses. Acquiring Soft Skills training for Business and Corporate Sector employees will pay immediate dividends by filling the appropriate industry gap and creating a dynamic leadership resources which is equally essential to successfully compete in this stressful journey of digital transformation and disrupted technology world.

Stress is a normal reaction the body has when changes occur. It can respond to these changes physically, mentally, or emotionally. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress.

## Module 7

## Soft Skills!

## Stress Management

### Managing the Stress.

The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert, motivated, and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors. As a result, the person becomes overworked, and stress-related tension builds. The body's autonomic nervous system has a built-in stress response that causes physiological changes to allow the body to combat stressful situations. This stress response, also known as the "fight or flight response", is activated in case of an emergency. However, this response can become chronically activated during prolonged periods of stress. Prolonged activation of the stress response causes wear and tear on the body – both physical and emotional.

This half day workshop shall discuss various techniques, methodologies including general discussions based on activities and exercise quizzes.

### A workshop designed to develop leaders for tomorrow:

Today, as companies increasingly need to become more dynamic, interconnected and flexible, thus soft skills are becoming critical. According to various global surveys and reports, senior executives are now considering the acquisition of soft skills as an essential components important to fostering employee retention, improving leadership capabilities and qualities, and building a meaningful culture under a stressful challenging environment.

Remember, stress that continues without relief can lead to a condition called distress – a negative stress reaction. Distress can disturb the body's internal balance or equilibrium, leading to physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain, sexual dysfunction, and problems sleeping. Emotional problems can also result from distress. These problems include depression, panic attacks, or other forms of anxiety and worry. Research suggests that stress also can bring on or worsen certain symptoms or diseases. Stress is linked to 6 of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Stress also becomes harmful when people engage in the compulsive use of substances or behaviors to try to relieve their stress. These substances or behaviors include food, alcohol, tobacco, drugs, gambling, sex, shopping, and the Internet. Rather than relieving the stress and returning the body to a relaxed state, these substances and compulsive behaviors tend to keep the body in a stressed state and cause more problems. The distressed person becomes trapped in a vicious circle.

### About the Workshop Facilitator

These workshops will be imparted by an experienced passionate trainer with 25+ years of career experience conducting education and training services both locally and internationally. Our facilitator have worked for local and international technology leading organizations from technology hands-on to C-level positions. These organizations includes IBM, Fujitsu, ICL, Si3 where he served different portfolios like Advisory IT Specialist, Country Systems Product Manager, Enterprise Business Development Manager, Client Technical Architect, VP IT Infrastructure, Director Technology Delivery Services and COO. These workshops are unique in a sense because it is going to be delivered by a professional managing 250 plus technology and business professionals at one time, interfaced with entry to enterprise business industry-wide customers, earned respect throughout of his career, successfully delivered large turned key projects under extreme and stressed time lines, developed 500 plus professionals who are currently working in

different top 10 computer vendor organizations and in various local and international organizations.

Apart from various industry professional certifications, he is one of the few Pakistani who has co-authored and contributed in 10 IBM Redbooks. He has also designed and developed 20 plus professional courseware's based on Storage and Digital technologies, Enterprise Architecture, Information Security, Cybersecurity, Industry 4.0, Essential Soft Skills.

### Target Audience

- Employees in the workplace including customers from all Line of Businesses including Business, Application, Audit, Risk, Compliance, Security, Network, IT operations, Project Management, and Legal professionals.
- These modules are also suitable for Pre and Post Sales Technology Specialists, IT Professionals, IT Consultants, Systems Integrators, Systems & Solution Architects, Sales and Marketing Specialists, Trainers, Project Managers, Young Leaders and Managers.

### Module 7 – Stress Management

- Things beyond our control.
- What is stress and stressors?
- Possible causes of Stress – Stress at Work.
- Types of Stress Responses.
- Smart tips for successfully managing stress.
- The general adjustment Syndrome.
- Seven habits of highly stressed people.
- Knowing the common reactions to a stressful event.
- Seven ways stress kills your productivity.
- Knowing the Symptoms of stress.
- Simple tips to overcome the fear of failure.
- How organizations can help to manage stress?
- What can the individual do to manage stress?
- Suggested strategies for Stress Management.
- Ways to prevent and relieve stress.
- Something that you can consider using as a Tool.
- Signs and symptoms of stress overload.

### Detail Information

Course Code	: TN217G
Module Duration	: Half Day – 4 hours
Course Location	: TLC, Customer On-site and Online (Zoom).
T&C	: 100% payment in advance.
Course Deliverable	: Comprehensive Student Guide and Workshop Certificate.
Course Fee	: PKR10,500

For additional information, please write to us at: [info@tlcpak.com](mailto:info@tlcpak.com)

