



Leading the Modern
Quality Movement in Pakistan

Stress Management at Work Place



*Managers, Executives and all
working Professionals*



Stress Management at Work Place

Introduction

Manage your time more effectively and reduce your unnecessary stress levels for better health of mind and body. In this fast pace competitive corporate world everyone strives to do more in less time. This is the result of lop sided priorities and failing to realize the importance of effective time management program. This two day comprehensive program will focus on cutting edge time management techniques. It will also focus on effective and healthy ways to reduce stress and keep it in healthy zone.

Learning Outcome

After successful completion of this workshop participants will be able to:

- Efficiency and effectiveness key to performance
- Goal oriented approach of time management
- Prioritization by understanding the difference between urgent vs important
- Time budgeting and chunking to enhance productivity
- How to focus on the present moment and increase concentration by pomodoro technique
- Planning and Organizing effectively ,Stress cause; fight or flight response
- What is Good Stress (EU stress) , physical, mental, emotional and behavioral effects of stress
- How to calm down instantly and reduce stress, re-framing world view to change thinking patterns

Course Contents

1. Prioritize their time to avoid time wastage
2. Manage time to achieve efficiency and effectiveness
3. Concentrate on a given task at hand
4. Reduce stress levels by practicing simple techniques
5. Enhance overall well-being and health

Duration

02 Days



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PIQC - Center for Excellence

Leading Institute in Pakistan providing professional education, certifications, training and corporate development in Quality Control (QC), Quality Assurance (QA) and Total Quality Management (TQM), Human Resource Management (HRM) and Health, Safety and Environment (HSE). Celebrating the 23rd year of its establishment, PIQC's vision is for Pakistan to be a hallmark of Quality in the national and global environment. With its leadership and team of specialists, it has provided corporate training and education to more than 40,000 students, managers and professionals. It is the pioneer and most authentic source for international Six Sigma and Lean training programs in Pakistan, including Six Sigma Yellow Belt, Six Sigma Green Belt and Six Sigma Black Belt.

PIQC has professional collaborations and linkages with various local and foreign organizations including Superior University, Hamdard University, NED University of Engineering and Technology, IQCS Certification, Singapore Quality Institute International (SQII), American Society for Quality (ASQ), and Quality and Productively Society of Pakistan (QPSP).

Degree Programs	Professional Diploma	International Certifications	Corporate Training	International Conventions
Masters & MPhil in: Quality Management Human Resource Management Industrial Management EHS Management	PIQC Certifications in Quality Management Project Management Software Quality Management Food Safety Management HSE Management Human Resource Management Labor Laws and IR Management	Internationally Renowned Certifications IRCA (UK) Accredited Certified ISO 9000 Lead Auditor Certified Six Sigma Green/Black Belt	Nation-wise seminars & workshops on Total Quality Management, Six Sigma, ISO 9000 Quality Assurance in Manufacturing, Services, Education, Banks and Healthcare, Total Productive Maintenance	PIQC has organized 13 International Conventions on Quality Improvement and 5 National Conferences on Quality Education in Pakistan since 1991

PIQC INSTITUTE OF QUALITY

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