WINNING OVER STRESS: 
MAY THE FORCE BE WITH YOU 
(Stress Management)

DATE: 26-27 JANUARY 2016 
VENUE: VISTANA KUALA LUMPUR TITIWANGSA

INTRODUCTION
Rate Race? Deadlines? Expectation? These are the catalyst to produce stress in our life. However the ability to handle stress proactively will enhance individual performance at work. Join us in this exciting programme that will change your perception on stress.

OBJECTIVES
Upon completion of this program, participants will be able to:
➤ Identify the stress symptom and the stressor in their life;
➤ Distinguish the techniques to handle and manage stress effectively;
➤ Justify the method to enhance positive environment at work;
➤ Implement the best way strategies to practice healthy lifestyle;
➤ Learn relaxation techniques therapy and other methods to manage and control stress.

METHODOLOGY
Accelerated learning method by a short lecture, slides presentation, group discussion and attractive activities.

WHO SHOULD ATTEND?
All level of employees and Individual that would like to improve their methods in managing daily life stress in proactive manner.

TRAINERS PROFILE
Cik Aida Maria Zulkifli has been involved in education and training field for the past eight years. Some of the companies that Aida Maria has worked with are OSK Investment Bank, CIMB Wealth Advisors, RHB Easy Bank, Sime Darby Berhad, IBM and Prestariang. She has also been engaged in the banking and sales industry for more than ten years. She graduated from University Putra Malaysia with a Degree in Accountancy and Master Degree in Corporate Communication. Other than that Aida Maria is also a certified trainer with HRDF and SIDC for Private Retirement Scheme Familiarization Program. In OSK Investment Bank Berhad, she conducted Psychology of Selling Program and Effective Communication Skills Program for the Wealth Managers and Dealers nationwide. Aida Maria also trained Toshiba Electronics (M) Berhad staff on Leadership Program and Pre-Retirement Planning Program for Senior Supervisors and Senior Technician. She also had the opportunity to work with Sime Darby to train the scholarship students in Business Finance Management Program and Basic Finance Management Program. In April 2013, she conducted Customer Service Program for McDonald’s Customer Service Managers. Other than that, Aida Maria has trained 3P (Program Pentaulihan Profesional) Program for local universities students under Prestariang. She keeps herself inspired by developing training modules, reviewing literature on science and psychology, and is an enthusiast in music. Her focus is to always create an environment that allows for a meaningful, inspiring and empowering learning experience to take place. She believes that life should be lived so as to leave a legacy and it starts by helping others to succeed. Her motto is to play and work hard, while living life to the fullest “I will always give my best and GOD will do the rest.”
**Programme Agenda**

**Day 1**
- 8.30 am - Registration
- 9.00 am - Ice Breaking
  - Catch Me If You Can
- Self-Reflection
  - Identify current situation
  - Justifying the future goals
  - Core questions (What, Who, Why, Where & How (4W1H))
- 10.30 am - Morning Tea Break
- 11.00 am - Introduction to Stress Management Program
  - Distinguish the stress symptom
  - Identify the stressor in their life
  - Danger and benefit of being stressed
  - Meditation and therapy
  - Ways to relax your mind (hobby, creative activity and volunteer work)
- 1.00 pm - Lunch
- 2.00 pm - Stress Management Strategies
  - Avoid, Alter & Accept
- Way to Relax Mind
  - Self hypnosis, Autogenic training, Music therapy, Humor therapy
- Way to Relax Body
  - Massage * Aromatherapy
- 4.30 pm Afternoon Tea Break
- 5.00 pm - End of Day 1

**Day 2**
- 9.00 am - Recap
  - Summarization of the 1st day content
- Winning Stress Through Healthy Lifestyle
  - Physical relaxation
  - Environment relaxation
  - Healthy Food
  - Surrender to the Creator
  - Healthy life activities – Yoga, tai chi and qi gong
- 10.30 am - Morning Tea Break
- 11.00 am - Runaway Project
  - Final activity that will test the participants to apply all the methods learned throughout the programme
- 1.00 pm - Lunch
- 2.00 pm - Action Plan
  - Creating individual blue print
  - Scheduled exercise
  - Self evaluation
- 4.30 pm - Afternoon Tea Break
- 5.00 pm - End of Programme

**Registration Form**

**Venue:** Vistana Kuala Lumpur Titiwangsa  
**Date:** 26-27 January 2016

- **Regular Fee:** RM 1,450.00 per person  
- **Group Fee (4 person and above):** RM 1,250.00 per person

**Participant(s):**

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**Organisation Details:**

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For any enquiries, please do not hesitate to call us at:-
TEL : 03-8063 1570 / 03-8052 7197
H/P: 017-239 0929

**Payment Method:**
Payment can be made by cheque / Local Order (LO). All payment is payable to “U SMART RESOURCES” (Maybank A/C NO: 562777206892)

**Terms and Conditions:**

1. Any cancellations, kindly inform our company in writing 3 days before the programme, otherwise the fees will be billed to your company.
2. Fees include tea breaks, lunch, training materials, seminar bag and certificate of attendance.
3. We reserved the right to change the date, venue or trainer, and to cancel the training programme should circumstances beyond our control arise. We shall inform the participants of the changes.