

**YOU ARE STRESSED TO SUCCEED –
A DATE WITH DESTINY
(MOTIVATION)**

DURATION: 2 DAYS

FEE: RM5000

SOME OF TODAY'S FACTS THAT AFFECT OUR LEVELS OF STRESS

- Average working times over the last decade have increased by 25%
- Leisure time has decreased by 30%
- 46% of people find it difficult to delegate
- Now 70% work more than 40 hours each week
- 87% of managers suffer stress at least once per week
- Managers on average spends 3 hours each day on interruptions, up to 3 hours each week looking for things on their desk and 11 hours a week in meetings
- Today 600% more information has to be managed than 20 years ago

❖ **OBJECTIVES:** This coaching workshop helps YOU to;

- Understand STRESS – its Causes, Symptoms and Negative Effects;
- Identify Personal and Work-related Stress; EUSTRESS Vs. DISTRESS
- Understand and Manage Your BODY CLOCK!
- Develop Personal Anti-Dotes/Actions to Reduce Personal and Work-related Stress.

❖ **WHAT WOULD YOU GAIN!**

- Start Living; Unleash Your Faith, Change Your Ultimate Destiny!
- Understand emotions to Make Decisions – Help your Brain Make-up (The Mind) and Cope with the Necessity to Adopt and Adapt; Live and Let Live!
- Live a healthy life!!

“The affections suffered by the body, the soul sees quite well with shut eyes.”

- Hippocrates