

# Stress Management

## About the speaker



An endeared director of multiple companies, **Dr. Leow** is also a very well-acknowledged mentor. Over the past 10 years, Dr. Leow has been involved in tutoring, research, management, consulting, lecturing, marketing and writing in several organisations around the globe. Dr Leow obtained his certified Stress Management Consultant from International Association of Counselors and Therapist (IACT, USA). Being the regional director of British Institute of Homeopathy (BIH, UK), program director for clinical nutrition for Green Internation Academy, he has developed various modules in the area of health. **Dr Leow** has conducted many workshops on stress management for different organisations. On the other hand, Dr Leow has published various articles in the area of health and psychology in magazine.

## Introduction

If you were to browse through any newspapers or magazines prior to 1970, you would be hard-pressed to find the word stress in text or the headline. The stress phenomenon becomes an epidemic that the word "stress" now is used as commonly as the term "health" and "medicine". Current estimation shows that 70 and 80 percents of all visits to physicians are for stress related disorders which the most notably chronic diseases such as coronary heart-disease and hypertension. Besides, common cold, migraine, warts, female infertility, ulcers and insomnia is directly associated to stress because stress affects our immune system. We are facing with stress each day, acute stress and chronic stress.

Don't just look for big events as in the case of a loved one, loss of job, betrayed by best friends or family or serious illness. Those are important, but also analyze the daily hassles in your life experience, eg., traffic jams, long lines in stores, children's problems and everyday interruptions.

Those stressors can just as strongly affect you! Let's join the program now and you will learn various skills that benefit your whole life. Say NO! to Stress

## Objectives

The program expose candidates various type of stressors and method how to manage the stress.

## Course Outcomes

Upon completion of this course, the candidates will be able to

- Identify type of stressors
- Control and Manage Stress Effectively
- Practice stress management techniques

## Who should attend?

- Presidents/CEO/Vice-President/Directors;
- Business Managers:- Finance, Human Resource, Marketing, Operation.
- Counsellors, Psychologists, Medical Professionals;
- HR Professionals, HR Consultant, Marketers,
- Health Professionals including nutritionist, beautician and therapists;
- Business owners and entrepreneurs;
- Teachers, lecturers and educators;
- Students and Parents;
- Anyone one who have interest to learn more on stress management.

Fees : RM850/pax

\*Special rate for in-house training

Duration: 2 days

Meetings	Topic of Discussion
Day 1	<ul style="list-style-type: none"> <li>• Stress and You</li> <li>• Identifying stress within you.</li> <li>• Understand Your Long Ignored Friend</li> <li>• Body Awareness</li> <li>• Something You Familiar With?</li> <li>• Effective Breathing Techniques</li> <li>• Clear Your Mind</li> <li>• Meditation</li> <li>• Mind Power? Visualisation</li> <li>• Muscle Exercise: Progressive Relaxation</li> </ul>
Day 2	<ul style="list-style-type: none"> <li>• Basic Nutrition Therapy for Stress</li> <li>• Practicing Rational Emotive Behavioural Therapy (REBT)</li> <li>• Control you mind: Thought Stopping</li> <li>• Worry Control</li> <li>• Stress Inculcation Techniques / Coping Skills</li> <li>• Stress and High Trauma Situation</li> </ul>

## Registration Form

Yes! Please register following participant(s) for the seminar: .


Contact Person: \_\_\_\_\_ Tel: \_\_\_\_\_

Company: \_\_\_\_\_ Fax: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

## Payment Method:

- All cheque to be made payable to Yale Consultancy Sdn Bhd in Ringgit Malaysia and are nett f bank charges. Bank charges are to be borne by participants.

- Bank transfer to Yale Consultancy Sdn Bhd.  
A/C No. 1202-40-010065-347  
Alliance Bank

## Cancellation

Should you unable to attend for any reason after registering, please inform immediately. No refund can be made for cancellation or for 'not in attendance' participant. A replacement participant is welcomed. Yale reserves the right to cancel this seminar due to unforeseen circumstances. Yale also reserves the right to make any amendment that it considers to be in the interests of the seminar without any notice.

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