



Stress management for personal and professional well-being

2 Days Residential Training Programme

AT SERENE CAMPUS OF PANTNAGAR

OCTOBER 1-2, 2024

WITH

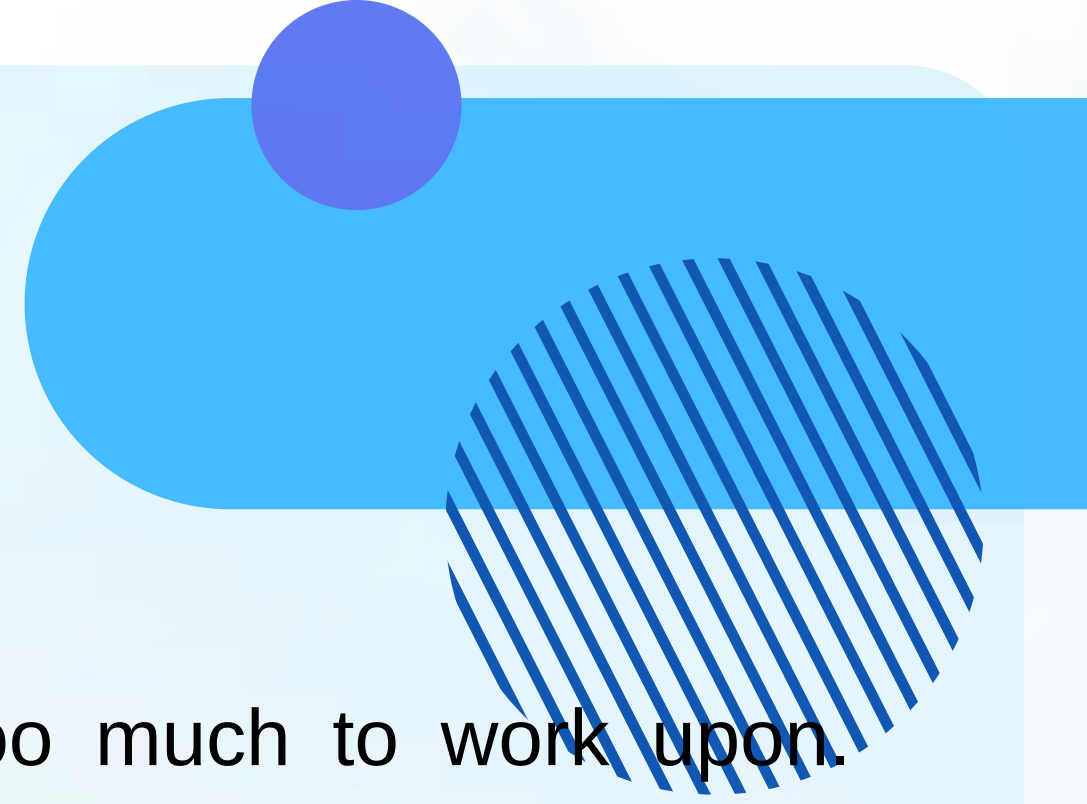
Dr. Radhakrishnan Pillai
Swami Dhruveshananda



An initiative of
**VIVEKANANDA CENTRE FOR
HUMAN EXCELLENCE (VCHE)**



WHY STRESS MANAGEMENT



Phone calls, meetings, projects, files, timelines too much to work upon. Have fed up of this pressure? Wait! Check in for two days of relaxation and reenergising at Pantnagar for a complete onsite training programme for better stress management, self-esteem, and techniques for staying positive at work. The format is very relaxing and enthusing with lots of hands on activities to make you comfortable. Veteran experts will accompany you to nurture your instincts in beautiful way. Personal and professional well-being is a major factor to boost your workplace motivation and performance. Target oriented working and striving to be with schedule is a priority but maintaining excellence in tough conditions is a rare feat which less people accomplish. But, it is obvious that tough times are a part of game and we cannot manage to compromise with quality at any extent. Thus, we have to understand the skill of optimization of performance in stress conditions.

TRAINING OBJECTIVES

- Identifying symptoms of stress overload.
 - Understand the causes of stress and analyzing its impact.
 - List down the ways for successful time management.
 - Learn how to prioritize work.
 - Demonstrate techniques for communicating more effectively with difficult people.
 - Know physical and mental techniques for stress control.
 - Learn how physical situations influence mind.
 - Create reachable goals.
 - Explore ways to deal with stress in responsive rather than reactive manner.
 - Making an action plan to work upon in next 6 months.
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TRAINING SCHEDULE

Day 1

- Understanding stress: Reasons behind
- Analysis of its impacts
- Assessment of stress level
- Dealing with stress
- Physical, mental and spiritual relaxation techniques
- Self sketch with futuristic vision

Day 2

- Understanding Performance optimization
- Effect of ambience
- Learning time management
- Building Self-Esteem
- Staying Positive at Work
- Action plan for the next six months

Nurturing the inner self:

Submerge in the serene, positive aura and undergo a complete transformational experience.



Yoga and Meditation:

Letting yourself link with the immense, infinite power within. Inspirational Yoga trainers to guide.

Spiritual and Mental Detoxification:

Immersing yourself into the aura of positivism and releasing all the negative energy...rejuvenating...refreshing

TRAINING EXPERTS

Dr. Radhakrishnan Pillai

Dr. Pillai is the Director at SPM Foundation and Founder Director of Atma Darshan Pvt Ltd (a Spiritual Tourism Company) & Chanakya Aanvikshiki Pvt Ltd (a Leadership Training & Mentoring Institute). He has been recently appointed as the Deputy Director of Chanakya International Institute of Leadership Studies (CIILS), as autonomous Institute based in the University of Mumbai's Kalina Campus. He trains leaders and aspirants from various fields including Corporate, politics, academics, military etc. With nearly 25 years of combined working and business experience Dr. Radhakrishnan Pillai is a well-known leadership speaker, author, trainer, and personal mentor. He has written nearly 200 articles and papers for various magazines, newspapers and journals.



Swami Dhruveshananda

Swamiji is serving as the Head of Ramakrishna Math Almora Branch in Uttarakhand. A learned saint with proficiency in Vedanta and spiritual philosophies of life skill, he has led several sessions with professionals around the country.



TRAINING REGISTRATION

- Registration through First Come First Serve Basis.
- Boarding, lodging, naturo-therapies, personal consultancy etc. are included in registration fees.
- Travel expenses need to be borne by participants/organization itself.
- For details of registration fee, please drop an email on vcheindia@gmail.com.

ABOUT US

VCHE is an organization with a nationwide network of talented professionals dedicated for nation building in accordance with the VISION 2047. VCHE has specific focus on human resource development in accordance with the world scenario and the market demand so that our professionals become incomparable in the world. This is achieved through such world-class trainings with the help of best expert resources of the country. We have wide exposure of sensitivity and skill-development trainings.

Visit us at:	www.vcheindia.org
Email us at:	vcheindia@gmail.com
Call us at:	9871591696/7505163785