



PROGRAM OVERVIEW

The goal of CFA Studies Corporate Training Program on **STRESS MANAGEMENT** is to bring your nervous system back into balance, giving you a sense of calmness and control in your life. Controlling your life means balancing various aspects of your life, work, relationship and leisure as well as the physical, intellectual and emotional parts.

People who effectively manage stress consider life a challenge rather than a series of irritation and they feel they have control over their lives, even in the face of setbacks.

Richard Si Lazarus defines stress as a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize".

Stress is a normal physical reaction that occurs when you feel threatened or overwhelmed. Hence managing stress is very important. It is critical to understand that the perception of a threat is as stressful as a real threat. With increasing demands of home and work life many people are under enormous stress.

At the end of this program participants will be able to gain a better understanding of themselves and respond better to stressful situations, this would enable them to effectively function better in all areas of their life.