



Stress Management and Leadership



Overview

Peoples problems may include work related stress; long hours of work, time pressure and poor leadership. The cost to the organization could be enormous. The number of employees suffering from stress and stress-related illnesses is rapidly rising.

This highly participative workshop will help executives to develop leadership skills to lead others in times of crisis, pressure and stress. They will obtain the latest insights into what enables a leader to manage himself and others.

Aims & Objectives

- To understand the techniques to adopt in various workplace situations
- To apply best practices to manage stress
- Learn how stress affects individuals' mental health at work
- Actively identify and reduce stress in self and others
- Build and develop leadership skills for handling stress
- Implement leadership skills

Course Contents

- Recognizing the physical and behavioral signs of stress
- The impact of stress on personal performance (± effects of stress)
- The symptoms of stress & major causes of stress
- Stressful events and their impact
- Types of stress, positive stress & response
- Stress management techniques and religion
- Mental stress management & stress relief therapies
- Leadership theories, style and qualities
- Leadership traits and competencies
- The leader as a coach, facilitator and counselor
- Develop a creative and empowered working culture
- Functional, Transactional & Transformational leadership

With warm regards:

Adil Ameen, FCMA
Secretary/Treasurer, IBC

Zaigham Ali Shah, FCMA
Chairman CPD Committee, IBC

Syed Mubashir Ali, FCMA
Chairman, IBC

Training Methodology

The course will be conducted along the workshop principles with formal lectures, case studies, group discussion and interactive practical exercises. There will be many opportunities for discussion and sharing experiences.

CPD 08 Hours

Day / Date & Time:

Saturday, December 01, 2018, 09:00 am to 05:00pm

Your Investment:

Members of ICMA Pakistan/ PIPFA/ ICAP	2,000
Students of ICMA Pakistan/ PIPFA/ ICAP	1,500
Other	2,500
(Payment cash/ cheque in favour of "ICMA Pakistan-IBC")	

Venue: ICMA Pakistan Islamabad Campus
Plot No. 16, Sector H-9, Islamabad.

Trainer:

Mr. Mubashar Ali, FCMA

(CEO of SKIM Training & Consultancy, Islamabad)

He is a professional trainer and management consultant with 30 years of experience. Highly experienced in all aspects of Management, Leadership, Internal Control, Quality Stress Management, Government, Decision making, Teamwork, Motivation, Financial Management and analysis, Budgeting and Human Resource Management.

Registration Contact:

Zulfiqar Ali
Sr. Officer, Member Affairs
Ph. 051-4435170, Cell 0334-8696996, Email: zulfiqar.ali@icmap.com.pk

ICMA Pakistan Campus,
Plot No. 16, Sector H-9, Islamabad.
Contact: 051-111-262-092
E-Mail: isb@icmap.com.pk