

# Managing Stress at Workplace

## Course Overview

This course is designed to help you cope with stress in your personal and professional life. You will learn about the causes and effects of stress, as well as the strategies and techniques to manage it effectively. You will also explore the role of mindfulness, resilience, and self-care in enhancing your well-being and performance. By the end of this course, you will be able to identify your stress triggers, assess your stress level, and apply practical tools to reduce and prevent stress.

## Course Objectives

This 1 day course is designed to help you:

- Understand what stress is and the common causes of stress.
- Identify the stress warning signs and symptoms
- Evaluate if you are under any form of stress now
- Develop your own strategies to manage stress
- Provide tools, ways and helpline to manage your stress effectively

## Course Outcome

After attending this course, then you will return to your job and be able to:

- Identify early what stress symptoms and warning signs that you are facing
- Manage your stress more effectively
- Solve your problems rationally and objectively
- Work more productively and know what are the available tools to manage your stress

## Course Modules

### Module 1 Understand Behaviour

- Understand what stress and its symptoms are
- Know which stress is good and which is bad
- Take the stress test and what is your results

### Module 2 Knowing your Stress Level

- Ways to manage your stress
- Problem Solving Steps
- Helpline Available

### Module 3 Class-room Activity

- Interactive activity
- Lesson learnt

**Omar Hafiz**  
**Omar Farouk Ariff**



Experienced HR professional with BSc(Business Admin.) from University of Pacific, Stockton, California, USA and Master of HR. Expertise: Implementation of ESG initiatives, HR Senior Management (oil & gas), regional HR exposure. Worked with Petroliam National, Caltex, Halliburton, FPSO Ventures, Sapura Energy, F&NCoca-Cola, Mesiniaga, Applied Magnetics S/B, Burger King. Proficient in Harrison assessment, PAPI, DISC Profiling, PETRONAS Potential, SHL Test Admin. Also a Certified HRDF Trainer.



+60 19 228 4743  
+60 12 320 9124  
khadijah.iskandar@restuefektif.com  
omar.hafiz@restuefektif.com  
www.restuefektif.com

