

PERFORMING UNDER PRESSURE (WITH AUGMENTED REALITY) TECHNIQUES TO MANAGE STRESS AND PERSONAL WELLBEING FOR HIGH PERFORMANCE



When was the last time you woke up feeling rested and excited about your day's work? When was the last time you spent a whole day without worrying? When was the last time you found yourself behind schedule and it did not irritate you? When was the last time you did not get annoyed with your colleagues, family and friends for an entire day? When was the last time you came home from work and did not feel fatigued?

If you struggled with those questions maybe you could use some assistance in learning how to manage the stress in your life.

Many of us may have learned stress management skills haphazardly from our teachers and parents, in the playground and in the classroom. Life's pace will have moved on since then and another more practical approach is required.

This course comes with a simple technology option – an Augmented Reality "table talker" that replaces the 80 page participant manual. This "table talker" brings the participant videos and learning on in one three dimensional shape that sits on people's desks.



Flexible 1 or 2 day duration

For any manager within the organisation requiring support to help them manage their energy and day to day responsibilities.

For more information, visit
www.tacktmimalaysia.com or call us at
+603 – 6203 4410

LEARNING OUTCOMES:

- Identify the source and nature of stress
- Examine how to balance the demands placed on us and the demands we place on ourselves
- Examine the attitudes and beliefs held and the personal capacity and tolerance to life events we find stressful
- Use practical techniques to reduce stress levels
- Develop a stress management plan for the next 3 weeks
- Use Biodots as a bio-feedback mechanism to assist in managing their stress
- ...and many more



WE BELIEVE IN THE INDIVIDUAL

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