CeDR
CORPORATE CONSULTING
198501004328 (136767-V)

# STRESS MANAGEMENT AND RESILIENCE

***DATE:*** *26-27 May / 8-9 September 2025*
*7-8 January 2026*
***FEE:*** *RM 900*

***DURATION:*** *2 Days*
***HRD CORP SCHEME:***
*HRD Corp Claimable Course*

## PROGRAM OVERVIEW

Work is stressful! Life too, can be stressful! So how do we cope and still be healthy, happy and successful? Participants will learn how to improve their stress management with practical and proven approaches that works not only at work but also in their personal lives. As a result, their resilience will increase.
This two-day program provides a clear understanding on how stress and pressure works, and what we can do to influence them to our advantage. The learning will not be technical or too theoretical. Instead it will be in simple language with common examples and case studies that participants can easily relate to.

**LEARNING OUTCOMES**

Upon completion of this program, participants will be able to:

- Appreciate what stress and resilience are and how to use these to our advantage
- Gain the skills to manage and prioritize resources to manage our stress levels
- Gain skills to manage and change stressful emotions that often arise
- Gain the skills to change the meanings we give and better handle pressure
- Gain practical knowledge and skills to improve our physical health and well-being
- Acquire the skills to rest and recharge yourself as needed
- Be able to apply the three strategies for effective stress management
- Appreciate healthy and supportive mental habits

**METHODOLOGY**

This program uses Adult Learning approaches. This includes minimal two-way lectures, use of multimedia aids, demonstrations, case studies, group discussions, Kahoot quizes, learning games, self-evaluations and self-reflections. Examples, Case Studies and Mini-Projects will be adjusted accordingly.

**WHO SHOULD ATTEND**

- First Level Manager
- Executive/Supervisory
- Non-Executive

## FACILITATOR

**Brien Lee Meng Siong**

With 18 years of industry experience and 12 years of public speaking and corporate training experience, Brien specializes in leadership and management. He consults and trains in the areas of organizational development, human capital development and strategic thinking. His expertise is in communication related skills in the areas of Leadership, Management and Team Dynamics.

## PROGRAM CONTENT

**Module 1**
Understanding Stress And Resilience

- How to recognize when someone is stressed
- What exactly is Stress and Resilience
- Bio-Feedback Machine demonstration
- Emotion Coping, Problem Coping and Relationship Management for healthy stress
- The correct goals of Stress Management

**Module 2**
Managing Your Resources Skilfully

- The link between Stress, Resources and Goals.
- How to have SMART goals to reduce stress
- How to prioritize your resources to stress less
- How to improve processes so you stress less
- S.C.A.M.P.E.R creativity technique
- Productivity Tips and Techniques

**Module 3**
Managing Stressful Emotions

- Why managing emotions is important
- 6 unhealthy thinking habits that stresses us
- Technique: Expanding your view with multiple perspectives
- Technique: Managing your expectations
- Technique: Correct focus with the circles of control and influence

**Module 4**
Managing Pressure

- Understanding and exploring pressure
- How to use Reframing Questions to reduce the pressure you feel
- Strategies for dealing with uncertainties
- Are we triggering unnecessary pressure in others? How to reduce this.

**Module 5**
Overall Well-Being

- Why exercise is crucial, and simple exercises and stretching you can do at home/office
- How to eat for a healthy brain and body
- Good sleep and how to get it every night

**Module 6**
Healthy Social Support

- Stress Management is a team effort
- Types of Social Support at work
- How and where to get support when you need it
- How to give social support to others

**Module 7**
How To Turn Off Stress, Rest and Recharge

- Sympathetic (stress) vs Parasympathetic (relax)
- Art Therapy for relaxation
- Gratitude technique
- Reducing over-thinking with Mindfulness
- Relaxation Response technique

**Module 8**
Stress Management Strategies

- Enactive Strategies: Avoiding and removing unwanted stressful situations
- Proactive Strategies: Working with the stressful situations you accept
- Reactive Strategies: Preparing for unexpected and unwanted stressful situations

**Additional Resilience Factors**

- Embracing Change in work and life
- Resilient Thinking and Mindset

**Review And Post-Workshop Action Plan**

- My Action Plan (Level 3 Kirkpatrick Evaluation)

**Post-Program Assessment & Closing**

- Program Evaluation (Level 1 Kirkpatrick)

## PROGRAM SCHEDULE

**Day 1**

| | | | |
|---|---|---|---|
| 9:00am | - 10:30am | : | Module 1 |
| 10:30am | - 10:45am | : | Coffee Break |
| 10:45am | - 1:00pm | : | Module 2 |
| 1:00pm | - 2:00pm | : | Lunch |
| 2:00pm | - 3:30pm | : | Module 3 |
| 3:30pm | - 3:45pm | : | Coffee Break |
| 3:45pm | - 5:30pm | : | Module 4 |
| | | | **End of the day** |

**Day 2**

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|---|---|---|---|
| 9:00am | - 10:30am | : | Module 5 |
| 10:30am | - 10:45am | : | Coffee Break |
| 10:45am | - 1:00pm | : | Module 6 & 7 |
| 1:00pm | - 2:00pm | : | Lunch |
| 2:00pm | - 3:30pm | : | Module 8 |
| 3:30pm | - 3:45pm | : | Coffee Break |
| 3:45pm | - 5:30pm | : | Module 8 (cont'd) |
| | | | **End of the day** |