

STRESS MANAGEMENT SERIES

LIVE WEBINARS AVAILABLE ON
26 & 27 OCTOBER 2020

Offering 3 Topics to choose from:

1. Managing Stress for Productive Change
2. Building Productive Habits and Mindset
3. Mindfulness Practices and Resilience



JESPUVAN SINGH
Managing Director,
Welnez Edge



Learning Hours:
2 - 2.5 hours Per Webinar



Fees:
MYR 350 Per Webinar
(fee is not inclusive of 6% SST)



CPE Points Earned:
5 CPE Points Per Webinar

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ICF COMPETENCY LEVEL

- Behavioural (Self-Management) – Resilience (Level 3)
- Behavioural (Self-Management) – Adaptability (Level 3)
- Behavioural (Organisation Leadership) – Problem Solving (Level 3)

WHO SHOULD REGISTER?

Individuals

Executives and Middle Managers, Dealers' Representatives, Compliance Officers, Legal Practitioners, Account and Finance Personnel, Financial Planners, Unit Trust Consultants, Representatives dealing in Derivatives, Marketing Representatives, Researchers, Risk Managers, Business Development, Sales and Marketing Personnel, Analysts and Fund Managers

Companies

Stockbroking firms, Fund Management Companies, Investment and Commercial Banks, Unit Trust Management Companies, Financial Planning Companies, Public Listed and Private Companies

SPEAKER

Jespuvan Singh

Jespuvan best known for his work in energising and engaging others through a fun-filled, content-rich and interactive programmes.

His area of expertise is in aligning organisation's vision mission and values, encouraging team development, improving customer experience and finding ways to improve results and work performance.

He is an alumni of Universiti Sains Malaysia and has been an active member of the training community in Malaysia for the last 15 years. As a trainer, Jespuvan has the ability to draw the best in his participants and his trainings will always leave a deep impact on them.

Currently, his interest is in getting the workforce ready for industry 4.0. He designs and delivers programme that incorporates employee readiness to workshops based on digitalisation. He believes that it is time to embrace radical solutions through breakthrough technology.

His client list includes AIA, Astro, Axiata, Bank of America, AIA, Astro, BSN, Bursa Malaysia, Celcom, Deutsche Bank, DHL, DRB Hicom, Edra Energy, EPF, Gas Malaysia, General Electrics, Jusco, KIA, KUB, Media Prima, NST, TV3, Maybank, MMC, NAZA, Perodua, Petronas, Proton, Suzuki, Securities Commission, Malaysia Airlines, Malakoff, MCMC, MISC, MOFAZ, LHDN, STAR LRT, UEM Group and other Multi National and Government Linked Companies.

Apart from running workshops, Jespuvan is active in feeding the homeless. Together with his team, the KL SIKHS Community Services - a non-profit, he helps the less fortunate people of the streets of Kuala Lumpur to a hearty meal.

Jespuvan has been an active member of the training community in Malaysia and served local and international organisations over the span of more than 16 years. With deep interest in people and health care promotion, he has helped many employees live a healthy and balanced lifestyle.

He has extensive experience in planning and executing corporate wellness initiatives from conception to completion. He is been responsible in designing, developing and delivering programmes, such as healthy living, weight loss, disease management, nutrition and exercise workshops and stress management programmes.

Jespuvan has a Master of Science in Sports Science from Universiti Sains Malaysia. He is well known in his research with coconut water being a sport drink. He has also won the Best Sportsman Award for being a national champion in rowing.

He is currently proactive in promoting wellness initiatives as a mean to increase employee productivity because he believes that healthy people are an asset to the organisation.

WHAT WILL YOU LEARN?

1. Managing Stress for Productive Change 26 October | 10.00am – 12.00pm

Outline

- Stress: Know how the brain and body response to stress
- Signs & symptoms of stress: How changes can be either positive or negative for the brain and body
- Stress cycle: Learn the timeline of stress
- Stress audit - Assessment on your overall stress
- Stress & diseases: Types of diseases that could be manifested from prolonged stress
- Sources of stress: Learn where stress exist

Objectives

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

- Define what constitutes stress
- Identify the signs and symptoms of stress regardless whether it is positive or negative
- Describe the stress cycles and how the timelines move
- Discuss how an assessment is performed for overall stress check
- Explain potential diseases which could be related to stress
- Describe the source of stress and how the brain and body could cope or avoid them in response to it

Learning Hours: 2 hours | 5 CPE points | Pre & Post Assessments

2. Building Productive Habits and Mindset 26 October | 2.00pm – 4.30pm

Outline

- Scaling stress – Meaning and perception
- Reframing your perspectives
- Efficient time planning and management using Covey's time matrix and Pareto Principle
- Managing procrastinations
- Ways in developing positive habits

Objectives

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

- Define the different meaning of stress and perspectives
- Explain how to reframe your views on stress
- Discuss how to manage one's time using Covey's time matrix and the Pareto Principle
- Describe ways in managing procrastinations
- Discuss the various ways to develop positive habits

Learning Hours: 2.5 hours | 5 CPE points | Pre & Post Assessments

3. Mindfulness Practices and Resilience 27 October | 10.00am – 12.00pm

Outline

- Meditation exercise, breathing and relaxation techniques
- Physical activities
- Diet and nutrition choice in coping with stress

Objectives

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

- Describe how meditation and breathing techniques could improve concentration, focus and quality of work and relationships
- Explain how physical activities could improve sleep and reduce stress
- Discuss how eating a healthy diet can reduce the negative effects of stress on your body

Learning Hours: 2 hours | 5 CPE points | Pre & Post Assessments

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* The SIDC reserves the right to amend the programme as deemed appropriate as without prior notice.

For enquiries on registration, please contact **+603 6204 8439 / 8274 / 8664** | Register today at www.sidc.com.my

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