

Managing Stress and Health Issues

118A

Day	Session1	Session2	Session3	Session4
1	Inauguration Introduction, Objective Setting, Route Map	Defreezing and Micro Lab.	Identification of Stressors & Personality Type	Strategies for managing Stress at Work
2	Managing Health	Managing Health	Rejuvenating Self	Law of Attraction
3	Breath work and Meditation	Developing Positive mental Attitude	Neuro-Linguistic Programming	Feedback & Valedictory Session