



Stress Management In Organization

Enhance Organizational Performance
and Resilience through Stress Management

Program Overview

The "Stress Management" Executive Education program aims to train basic psychological skills for stress management for employees and employers in a corporate setting. It is a module-based program eminently suitable for entry-level employees and mid to senior-level managers and executives at all the rungs of the hierarchy. The goal is to benefit the organization by empowering individual employees and managers with better management skills for their emotions, communication, and relationships within the organization.



Program Modules

Module 1

Personal Coping Skills

- What is stress? Can it be positive?
- Negative impacts of stress on professional and personal life
- Coping strategies- Positive and Negative
- How negative coping can impact life in the long run?
- Activity- Everyone has a different coping system know your own
- Developing healthy coping mechanisms

Module 2

Psychosocial Skill Development

- What is psychosocial skill?
- Communication skill development
- Improving Interpersonal and intrapersonal skills
- Situational analysis activit

Module 3

Resilience Building

- What is resilience?
- Discovering the HERO within
- How to develop resilience gradually?
- Activity- Stress inoculation

Module 4

Dealing with Performance Issues

- What are the common performance concerns?
- 5 C's in performance management
- Task prioritization training
- 4 stages of performance management and enhancement

Module 5

Employee-Employer Relationship Management

- Developing inter and intrapersonal relationships
- Power of assertive communication
- SQ over IQ
- Activity- Situational analysis through FGD

Module 6

Office Politics and Work Delegation

- Understanding office politics- Case study
- Work delegation and Leadership styles
- Activity- Emotional Intelligence to manage work stress
- Strategies to manage office politics and maintain transparent work habits

Who Should Attend

This program is suitable for entry-level employees and mid-senior level managers and executives at all the rungs of the hierarchy

Learning Outcomes

Each module will consist of activity-based self-assessment and solution-focused case discussions. An improvement in organizational relationships by fostering better teamwork and psychological capital building of individuals, which in turn will facilitate the company's growth, production, and work culture.

Faculty



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