



Certified Stress Management Consultant

A 2-day professional certification course that helps participants to identify and deal with potential life stressors and assist others in better managing stress in their personal and work lives.

Empower yourself with knowledge on building personal resilience, and practical stress management skills. Uniquely tying the DISC behavioural profile into stress management, this programme will give you highly targeted ways of managing your stress in your life based on your personal behavioural style.

Lifeskills Institute Pte Ltd is recognised as a provider of ITOL Accredited Training. The Institute of Training and Occupational Learning (ITOL) is UK elite professional body for trainers and Learning & Development Professionals. This Certification is an internationally recognised certificate backed up by ITOL's validation system.



The Certified Stress Management Consultant (CSMC) is an evidenced-based certification programme that is accredited by IML (USA), and is delivered by Lifeskills Institute.



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Why Choose Us?

Since 1996, Lifeskills Institute has established itself as the trusted and leading authority in life skills training and development. We partner with global institutions to deliver top-class, evidence-based solutions across Asia from leadership development, personality profiling, coaching to personal mastery. To date, we have transformed over 500,000 lives in the region.



Strengths-based Approach

Capitalise on your strengths to manage your weaknesses



Validated Assessment & Interactive Tools

We incorporate a variety of tool kits to support the process of self-discovery for everyone



International Behavioral Analysis Expert

We provide DISC-based solutions to thousands of companies and millions of individuals worldwide



Post-Certification Consulting Support

Year-long access to supplementary resources and coaching and consulting support

Key Learnings

- Identify and understand stressors and stress signals
- Learn how to manage stress and build resilience
- Help others cope effectively with their stress to achieve balance and success in their lives
- Develop an understanding of how the four basic personality styles deal with stress
- Develop a stress management programme tailored to fit your individual style
- Explore the facts and debunk the myths about stress
- Learn great tips and techniques you may use in your counselling/coaching/mentoring practice
- Be equipped to conduct a one-day seminar on stress management

For Whom

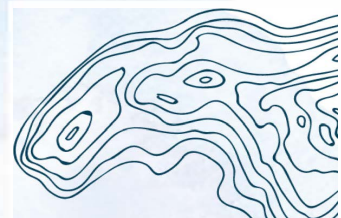
This certification programme is highly recommended for professionals looking to enhance their own career prospects and individuals who wish to learn, upskill and expand the services they can offer to existing clients or to build a larger client base.

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|------------------------|-----------------------------|
| • Social/Youth Workers | • General & Senior Managers |
| • Coaches | • Educators |
| • Counsellors | • Human Resources Personnel |
| • Trainers | • Social Service Personnel |

Fees

Early Bird Rate: \$1152 (Registration and payment must be made one month before course commencement)

Full Course Fee per pax: \$1280



The Trainer



Chief Enabling Officer, Ian Tan

Ian is one of Asia's pioneer Master Behavioural Consultants, specialising in behavioural analysis, leadership development and strength-based change.

With over 20 years of experience in the field of training and development, Ian enables his clients to discover their purpose, maximise their potential and to lead their communities and organisations with impact.

What you will receive from the training:

- Certified Stress Management Certification Guide
- The Stress Profile
- The DISC Personality System Questionnaire
- DISC Fitness Style Tips
- Building My Stress Profile
- Personal Life Expectancy Worksheet
- The Holmes-Rahe Life Stress Inventory
- Life Roles Wheel
- Activity #1: Stressors – Where Is Your Stress Coming From?
- Activity #2: Stress Warning Signals – Knowing When You are Stressed
- Stress Management Exercise

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These additional materials draw parallels to the ethos of the 10 behavioural statements and help to bring to life how these principles are applicable to our day-to-day leadership actions. A fun and engaging setting where participants connect with one another in a safe learning environment.”

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Stephenie Teo,
Head, Learning & Development, Bank of Singapore

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“The practical application of skills learnt, interactive activities/games make the programme fun. Small class size allows for closer interaction among participants and with facilitators.”

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HR Manager, KK Women's and Children's Hospital,
Singapore

Programme Outline

Session 1

Introduction

i) What is Stress?

- Defining the terms: what is stress
- Distress vs Eustress
- Acute stress vs Chronic stress

ii) Exploding the Myths, Exploring the Truths about Stress

iii) How does Stress operate?

Session 2

Managing Stress

i) Managing your Stress with Strengths

- It starts with self-awareness
- Administering the Personality Profiling
- Meaning of the Graphs: My Mask, My Stress & My Mirror Self
- The 4-Dimensions
- How do the different DISC styles:
 - Release stress
 - Recover from stress
- Stress & Special Patterns
- Boosting my willpower - being clear of my Values
- Identifying my core values
- My GRIT profiles

ii) Monitoring your Stress in your life

1. Identifying Potential Daily Stressors
2. Where is your Stress coming from?
3. Understanding your Stress Signals
4. Stress Warning Signals
5. Holmes-Rahe Life Stress Inventory
6. Stress Evaluation Profile

iii) Regulating Stress in your Life

- Personal Management Skills:
 - Setting Goals
 - Setting Priorities
 - Investing in yourself Correctly
- 7. Life Role Wheel
- 8. Time Management Matrix
- 9. Think Feel Act Cards
- 10. Building Resilience through Building Strong Relationships
- 11. Self-Talk

iv) Change Your Lifestyle

- Social Support
- Fitness/Nutrition/Relaxation
- The role of Exercise in Stress Management
 - Exercise and Mental Health
 - Mindful Eating Habits
 - Mind and Body