



## **“STRESS TO EUSTRESS”**



A Workshop on  
Managing Stress  
For High Performance  
Date : 3 - 4 October 2008

## **IBS, Hyderabad**

IBS, Hyderabad, a constituent of the Icfai Foundation for Higher Education, offers high quality programs in different areas of management to a wide cross-section of students, executives and professionals across India. IBS has a reputation for innovative program design and delivery, quality courseware, personalized instruction, strong industry interface, research, consultancy and publications.

Within a short span of time since it was established in 1995, IBS has grown impressively and achieved widespread recognition from industry, academic circles, and professional bodies. IBS has also been consistently ranked among the top B-Schools in the country in the annual B-School surveys conducted by independent research agencies.



# STRESS TO EUSTRESS

## A workshop on Managing stress for High Performance



**Is the silent killer killing you silently?**

**Here is the weapon to combat it.**

This Program can dramatically benefit the participants in their personal lives and can also greatly enhance their productivity on the job. This is a cutting edge program of stress management offering a powerful blend of cognitive training and proven relaxation techniques to manage stress in the most challenging circumstances. Stress adds flavor, challenge and opportunity to life, if it is in the form of **Eustress**. Without Eustress, life would be dull and unexciting. However, too much stress i.e distress can seriously affect your physical and mental well-being. Recurrent physical and psychological stress can diminish self-esteem, decrease interpersonal and professional effectiveness and create a cycle of self-blame and self-doubt. It is important for every professional to find an optimal level of stress that one can learn to manage effectively.

## **The Target Audience**

The Program is designed for executives in the junior and middle management in the industry who want to enhance their personal effectiveness and contribute to organizational productivity by learning the strategies to take on the 'silent killer' head on.

### **WIIFY (What's in it for you) as a participant?**

**Causes:** Background stressors, cataclysmic events, Personal and occupational stresses

**Consequences of Stress:** Psychological, Physical, Family, Financial, Social and Organisational

**Coping Strategies:** Defence mechanism, emotional insulation, commitment, challenge, control & physical well being.

Everyday annoyances, minor irritations, broken relationships, other people's irritating behavior, job failures, diagnosis of life threatening illness, major life events etc, result in high BP, fatigue, headaches, digestive disorders, back ache and sleep difficulties.

Going home exhausted is optional. You don't need to go home exhausted.

We have time tested, simple and practical methods to cope with all these challenges. Just as there are many causes of stress, there are many cures for stress. The workshop will help you build emotional, mental and physical reserves.

## **Resource Persons**

The program is designed and will be delivered by the Faculty of IBS-Hyderabad, who are known for knowledge, experience and expertise in conducting EDPs/MDPs and workshops.

## **Registration Fee**

Rs.5000 per participant. The fee includes workshop kit, 2 days accommodation (twin sharing basis) on the campus, food and Transportation from our old IBS BanjaraHills campus to the New campus at Dontanapally.

**For further details about the Program please log on to: [www.ibsindia.org](http://www.ibsindia.org)**

**Program Duration: TWO DAYS**

**Dates 3- 4 October, 2008**

**(9.00 a.m to 5.00 p.m)**

**Venue**

The Program will be conducted in the lush green campus of

**IBS, Hyderabad** situated at around 35 km from the Hyderabad City Railway Station.

**Program Coordinator:**

**Dr. S. Venkata Seshaiiah**

Associate Dean (Research & Consulting)

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IBS Hyderabad

**Organising Committe Members & Resource Persons:**

**Dr. N. Venkata Swamy**

**Prof. R.Krishnamurthi**

**Dr. T. Sham Sundar**

**Dr. Andrew Dutta**

**Dr. Prageetha Raju**

**Prof. S. Senthil Kumar**

**Prof. Smita Kulkarni**

**Prof. H. Ramaseshan Iyer**

**Dr. D. Ravikran**

**Prof. Vighneswar Swamy**

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**REGISTRATION FORM**

Name of the organization currently working with:

.....

Place you are coming from:

.....

Accommodation required: Yes  No

**Name:**

.....

**Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Qualification:** \_\_\_\_\_

**Occupation:** \_\_\_\_\_ **Contact No:** \_\_\_\_\_

**Registration Fee:** \_\_\_\_\_ **Amount :** \_\_\_\_\_

**DD No:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Bank:** \_\_\_\_\_ **DD Amount:** \_\_\_\_\_

**Copy of duly filled in form sent on (Date)** \_\_\_\_\_

Last date for sending the DD along with the application form is 25<sup>th</sup> sept 2008.

DD should be drawn in favor of '**IBS Hyderabad**' payable at **Hyderabad** and mailed only by **registered post** to

**Dr. S. Venkata Sessaiah**

Associate Dean, Research & Consultancy,  
IBS Hyderabad

Survey Number 156/157, Dontanapally Village,

Shankerpally Mandal, R.R.dist-501203 A.P.

Mobile no. 09948394557.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Place: \_\_\_\_\_

Name: \_\_\_\_\_



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