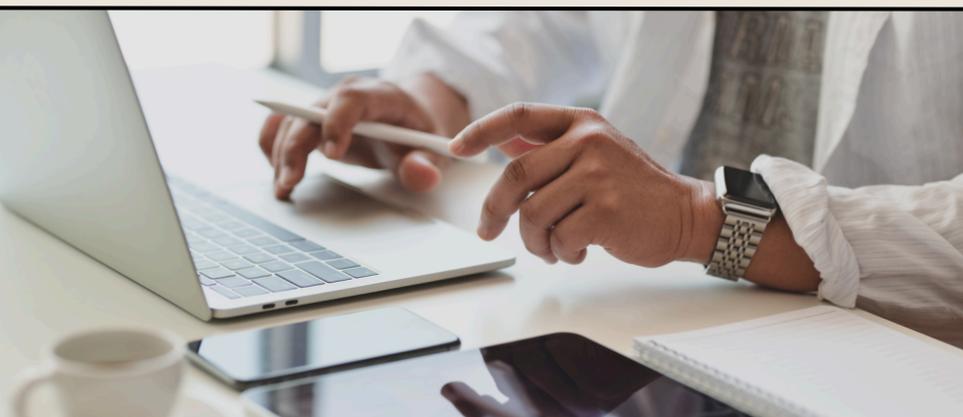




**HRDC
CLAIMABLE**
10001254108

CERTIFIED STRESS MANAGEMENT CONSULTANT

A 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.



Lifeskills Institute 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.



WHAT YOU'LL LEARN

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 the highly targeted ways of managing your stress in your life based on your personal behavioural style.



KEY TAKEAWAYS

- Identity and understand stressors and stress signals
- Learn how to manage stress and build resilience to achieve balance and success
- Understand how the four basic personality styles deal with stress
- Develop a stress management programme tailored to you
- Explore the facts and debunk the myths about stress
- Learn tips and techniques for counselling/coaching/mentoring
- Be equipped to conduct a one-day seminar on stress management



WHO SHOULD ATTEND

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.

- Social/Youth Workers
- Coaches, Trainers
- General & Senior Managers
- Educators
- Counsellors

COURSE FEE

Full Course Fee: RM6000 Before SST

Fully Claimable from HRDC.

Course Ref Number: 10001254108

TESTIMONIALS



“Enjoyed the Certified Stress Management Consultant course by Lifeskills Institute. The facilitator is fantastic.”

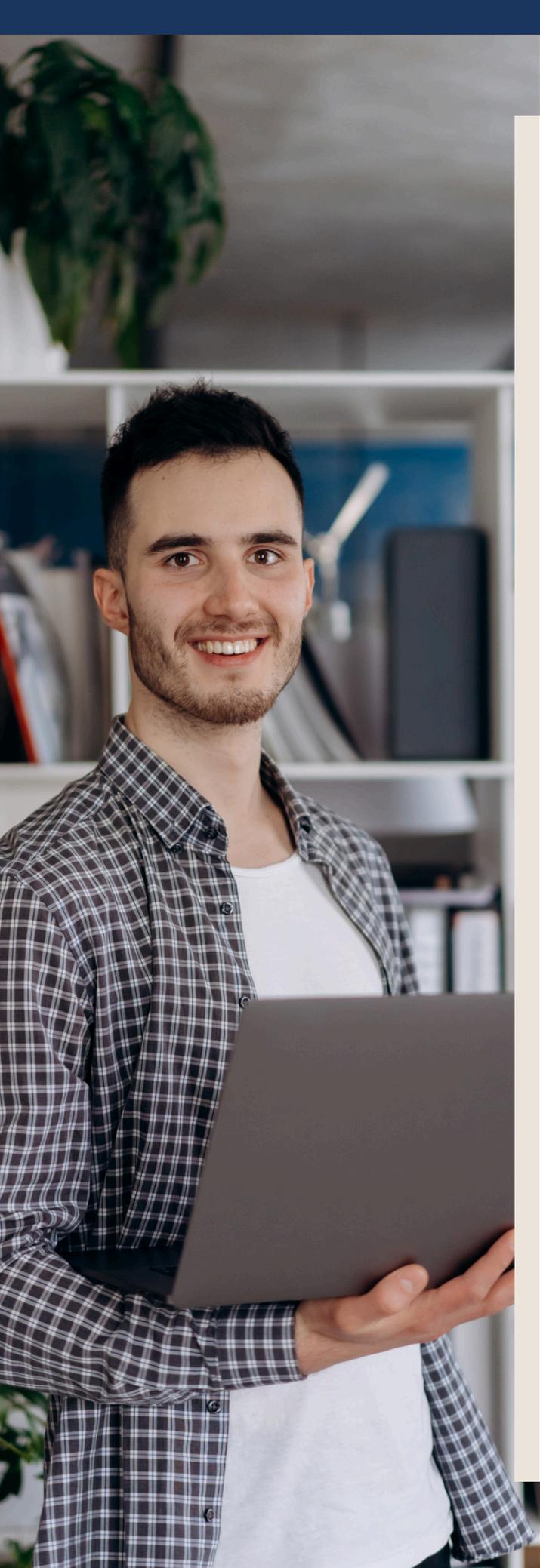
SUSAN NG
HR & HRD CONSULTANT



“I attended both the Certified Stress Management Consultant Course and the Certified Behavioural Consultant Course. These are two of the best courses that I've experienced. I've learnt skills that will last a lifetime and the best part is that I can make a greater impact on children and parents all over the world with these certifications. Want to change your life for the better? Sign up with them now!”

CLAUDINE FERNANDEZ





PROGRAMME OUTLINE

SESSION 1: INTRODUCTION

- What is Stress?
- Exploding the Myths, Exploring the Truths about Stress
- How does Stress operate?

SESSION 2: MANAGING STRESS

- Managing your Stress with Strengths
 - Self Awareness
 - Personality Profiling
 - Meaning of Graphs: Mask, Stress, Mirror
 - The 4-Dimensions
 - DISC Styles
 - Stress & Special Patterns
 - Boosting willpower through Values
 - Identify core values
 - GRIT Profiles
- Monitoring your Stress in your life
 - Identify potential daily stressors
 - Stress Warning Signals
 - Holmes-Rahe Life Stress Inventory
 - Stress Evaluation Profile
- Regulating Stress in your life
 - Personal Management Skills
 - Life Role Wheel
 - Time Management Matrix
 - Think Feel Act Cards
 - Building Resilience
 - Self-Talk
- Change your Lifestyle
 - Social Support
 - Fitness/Nutrition/Relaxation
 - Exercise in Stress Management

PRE-PROGRAMME REQUIREMENT

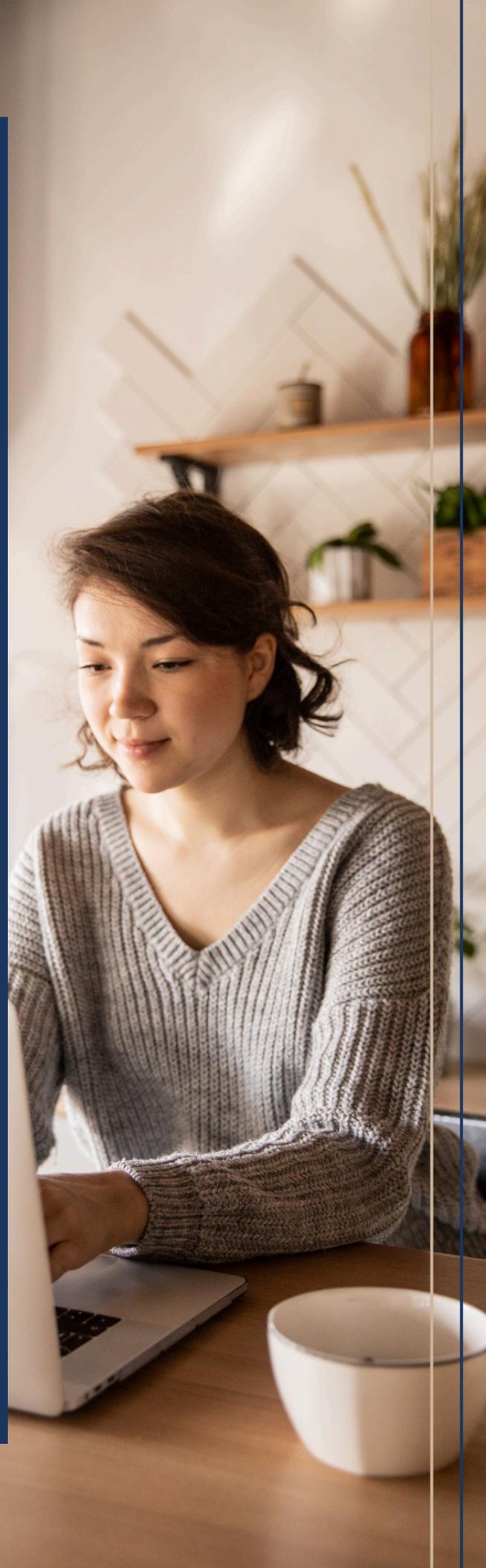
- Participants will be required to take an online assessment prior to attending the training.

CERTIFICATION REQUIREMENTS

1. Attend two full days of training conducted by our Master Accreditation Trainer
2. Pass the Post-Programme Assignment

PROGRAMME MATERIALS

- 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



MASTER TRAINERS



LEE FONG CHAI

MANAGING DIRECTOR & PRINCIPAL CONSULTANT

Lee Fong is an accomplished Master Behavioral Consultant, with an exceptional track record spanning over two decades in the field of training and development. Her expertise rooted in behavioral analysis, leadership development, and cultivation of strength-based change. Her mission? Enabling her clients to uncover their true purpose and unlock their full potential for effective leadership within their communities and organizations. What sets Lee Fong apart is her rare blend of skills. In addition to her mastery in talent management development, she holds a Master's degree in counselling. This unique combination empowers her to offer her clients a distinctive and comprehensive perspective. With her guidance, Individual can confidently navigate complex challenges and achieve remarkable results in both their personal and professional lives.



IAN TAN

CHIEF ENABLING OFFICER & PRINCIPAL CONSULTANT

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.

TRAINERS



KAI YUAN LAU

TALENT MANAGEMENT CONSULTANT

Kai, a Certified Advanced Behavioral Consultant, Stress Management Consultant, and Career Coach, brings over a decade of extensive expertise in Human Resources and Learning and Development to his professional portfolio. His proficiency in engaging training methodologies and exceptional listening skills make him particularly adept at connecting with diverse audiences, fostering productive relationships that drive positive outcomes. Throughout his professional journey, Kai has consistently provided invaluable insights and guidance to senior leadership on talent management strategies and has held prominent positions in various industries. He holds a Master's degree in Business Administration, further emphasizing his commitment to continuous learning and excellence in his field.



ROSEMARY WONG

TRAINER

Rosemary Wong is a certified Advanced Behavioral Consultant and Career Coach with 15 years of teaching experience and 10 years as a GMAT trainer. She holds a Master's degree in Mathematics and a Data Science Certification. Her innovative pedagogical approach and ability to simplify complex topics have proven invaluable in facilitating individuals and teams on their journeys toward realizing their fullest potential. Rosemary has successfully transitioned into corporate training, using her coaching and behavioral science skills to empower learners globally, equipping them with the tools to thrive in both their professional and personal growth.

ABOUT 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.



MULTI-DIMENSIONAL & HIGHLY VERSATILE TOOL

Measures 3 other personality dimensions that lie beneath the surface of an individual that are equally critical to recognise.



VALIDATED, ACCURATE AND RELIABLE

All products and assessments are research-based with international statistical analysis reports



PATHWAY LEADING TO IN-DEPTH PROFESSIONAL DEVELOPMENT

A systematic approach to build your confidence for career coaching conversations



POST-CERTIFICATION SUPPORT & COACHING

Year-long access to DISC resources and coaching support

Lifeskills Institute provides comprehensive life skills and workplace solutions such as training, certification, profiling consultancy, research and resources for both the corporate and youth segments. Our Professional Division partners with corporations to empower their executives through professional development and mastery to achieve results and growth for their organisations, while our Youth Division engages with schools, institutions and educators to develop their students into effective leaders of their own lives and communities.

CERTIFICATION & TRAINING PROGRAMMES

PROFESSIONAL CERTIFICATION

Certified Behavioural Consultant (CBC)
Certified Advanced Behavioural Consultant (CABC)
Certified Career Coach (CCC)
Certified Stress Management Consultant (CSMC)

LEADERSHIP TRAINING

The Extraordinary Leader™
The Extraordinary Coach™
The Inspiring Leader™
Elevating Feedback™
Leadership Levers™
The Extraordinary Performer™
The Inspiring Leader™
Managers as Mentors
Manager to Leader
The Leadership Challenge®

TEAM-BUILDING

The Five Behaviours of a Cohesive Team®, Team Development

PUBLIC WORKSHOPS

DIScovering The Strengths in Me (1-day public workshop)
DICovering Your Selling Strengths (1-day public workshop)
DIScovering Me, DIScovering You (1/2 or 1-day public workshop)
Managing Stress Before It Manages You (1-day public workshop)
The Five Behaviours of a Cohesive Team™, Personal Development (1-day public workshop)



For solutions on personal, team and organisational growth and development, visit: www.lifeskillsinstitute.my.

LIFESKILLS LEADERSHIP SDN BHD

142-02, JALAN ADDA 7, TAMAN ADDA HEIGHT 81100 JOHOR BAHRU, JOHOR, MALAYSIA

ENQUIRY@LIFESKILLSINSTITUTE.MY | (60) 11 6280 0862