





MANAGEMENT DEVELOPMENT PROGRAM

STRESS MANAGEMENT FOR WORKING PROFESSIONALS





10 - 04 AM PM





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STRESS MANAGEMENT FOR WORKING PROFESSIONALS

In today's VUCA (Volatile, Uncertain, Complex, Ambiguous) world, professionals and organizations face challenges that impact emotional well-being and traditional business practices. This MDP aims to address stress in both personal and professional spheres, focusing on effective management strategies to promote a humane and sustainable work environment.

The main objectives of the proposed MDP/FDP are:

- Understand the causes of workplace stress and dispel myths.
- Encourage the internalization of management concepts for real-world application.
- Design a stress-free workplace environment.
- Equip participants with tools for effective stress management, enhancing performance and quality of life.

PROGRAM CONTENTS:

- Understanding Stress in the Current Context.
- Exploring Management Concepts and Internalization Processes.
- Practical Application and Action Planning.
- · Approaches to Manage Stress.

LEARNING OUTCOMES:

• This MDP provides a comprehensive approach to understanding and managing stress, equipping participants with tools to navigate modern life and work challenges with resilience and compassion.

LEADERSHIP TEAM:



Shri. Shishir JaipuriaChairman and Patron



Prof. (Dr.) Daviender Narang *Director, JIM*



Prof.(Dr.) Rashmi Bhatia Dean-Academics and Chairperson, MDP

RESOURCE PERSON:



Ms.Sarika Malhotra Assistant Professor



Dr. Devi Archana MohantyAssistant Professor

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WHO MAY ATTEND:

• Management professionals, including lower and middle-level managers.