

# Can you afford to ignore your employees' stress?

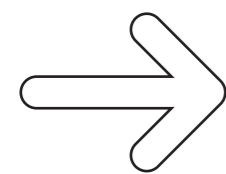
Worldwide, organizations engaged in mission critical or time-bound activities suffer from unfinished schedules and thereby huge loss of revenue. Even though the employees are efficient and creative they cannot effectively respond to certain crucial situations. Lack of organizational skills and stress among its employees are found to be a major reason for this. Organizational skills like problem solving, assertiveness, time management, relaxation response are necessary for better functioning of any company, as it is essential for improved productivity and healthier personnel administration.



**OrgSET**<sup>TM</sup>

ORGANIZATIONAL SKILLS ENHANCEMENT TRAINING

Considering that a company's most priced hidden asset is the people it employs, stress and its relation to worker behavior is an undeniable concern. Scientists call organizational stress, "malady of our age". OrgSET is "Organizational Skills Enhancement Training" - a scientific and systematically evolved work skills development and stress management training program for professionals/executives, who suffer distress and dissatisfaction from their working environment, to attain a positive mind set and essential skills which is both beneficial to him/herself and the organization.



## The OrgSET program

OrgSET provide tools you need to successfully transform measurable stress in your organization/company into measurable results. OrgSET include specialized training for top level / middle level executives and professionals, mitigating stress among key personnel.

OrgSET is designed as an interactive workshop with handouts for participants, and will be facilitated by THRANI team. OrgSET help companies reduce their costs of stress.

<p><b>DAY 1</b></p> <p>→ <b>Managing Stress</b> Stress management refers to a holistic effort to control and reduce the tension that occurs with a situation, which is considered difficult or unmanageable.</p> <p>→ <b>Assessing Stress Levels</b> Comprehensive Stress Assessment Tool is very beneficial for each participant to re-discover and realize his/her stress level patterns.</p> <p>→ <b>Meditation &amp; Relaxation</b> Executives and professionals will be taught scientifically designed, non religious specific method of meditation (Active Meditation) and Relaxation Technoques.</p>	<p><b>DAY 2</b></p> <p>→ <b>Improving Motivational Levels</b> Motivation is the driving force behind all our actions. It helps one to decide what needs and goals one really value and are willing to work for. Motivation is the key for improving work climate for higher profits.</p> <p><b>DAY 3</b></p> <p>→ <b>Assertive Skills</b> Training on assertive skills meant to enable people to insist on being treated fairly, to ask what they want, to express their preferences, needs opinions and feelings tactfully, justly and effectively. Assertiveness is not something you do; assertiveness is who you are!</p>	<p><b>DAY 4</b></p> <p>→ <b>Time Management</b> Disorganization, unclear goals, too many personal phone calls, disjointed processes, no routines, poor planning, procrastination, lack of focus, junk e-mail, and it goes on... If you control your time, You control your life!</p> <p>→ <b>Refuting Irrational Ideas</b> Irrational ideas and false beliefs cause all our unreasonable or excessive emotions. Skills for refuting or challenging ones own irrational thoughts and views are essential for personal development and normal functioning.</p> <p><b>DAY 5</b></p> <p>→ <b>Problem Solving &amp; Decision Making</b> Life is full of choices and can be viewed as a constant series of decisions. Only by making rational decisions that one is able to "take charge" of life.</p>
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Who We Are?



THRANI center for crisis control is one of the premier health research center in Thiruvananthapuram Kerala; is a division of **Foundation for Integrated Research in Mental Health (FIRM)** a Voluntary Organization. Thrani team is a group of dedicated health professionals - including psychiatrists, clinical psychologists, physicians, counselors and social workers who have expertise and involved in the fields of Crisis/Stress Management and Suicide Prevention.

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