



Dare to S@r

CBS 78: Dancing with Stress

Business Excellence Southern Africa

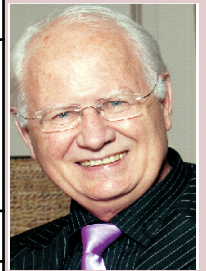
Course: 3 Days See course schedule on- www.qsi.co.za

Investment: R7750.00 excl VAT

Venue: *Blue Hills Conference Centre, Midrand*

Contact / reservation

Tel (011) 468 4562 or email training@qsi.za.com



It is an irrefutable fact that stress related disorders lead to enormous loss of work hours and immense cost to companies from accidents and absenteeism. Research results published by Corporate Absenteeism Management Solutions in July 2008 show that our economy suffered R19,2 milliard last year due to sick leave. Distress (and its related illnesses) is one of the main contributors.

This is a workshop you must attend, not only to prevent the problem of distress but also to deal successfully with it. You and your company will benefit from it!

This highly interactive three-day workshop will enable you to:

- distinguish between good stress and bad stress;
- identify job , personal and family as well as social stressors;
- handle stressful situations in your personal life and in the work place;
- use a biofeedback apparatus to determine your stress level;
- formulate an effective stress management strategy to reduce and control stress;
- learn and utilize various relaxation techniques to manage stress;
- master the skill of mind management;
- formulate a well-balanced life style programme to support an effective stress management strategy;
- prevent burnout.

Included in the fee is a Stress Management Kit

Your facilitator Dr John Higgins, a former professor in Social Science at the University of KwaZulu Natal holds a doctorate in social science from the University of South Africa. He has also furthered his studies at the University of Arizona, Tucson, USA and at various other major institutions in the United States of America and Singapore. John is a senior faculty member since 1997 of an international institute for the advancement of leadership skills with its head office in Atlanta, Georgia, USA. He regularly facilitates workshops on leadership and management as well as presentation skills to leaders from around the globe at the Institute's training centres in Maui, Hawaii and Singapore.

In view of his academic and professional background and as an acclaimed international speaker, trainer and facilitator, he is well equipped to lead seminars and facilitate workshops. He is passionate about leadership development and the development of human potential, with self-empowerment at the core of each intervention. Training programmes developed by Leadership Enrichment International of which Prof. John Higgins is the Executive President, are impacting positively on the lives of people in more than 65 countries. John did ground-breaking work in the field of stress management by creating the Stress Management Kit, a one-of its kind product and unique to South Africa. He has authored about 30 books on various aspects of life enrichment, leadership and self-empowerment, amongst others, the best seller, *You and Your Child's Self-image*. His latest book is *Dancing with Stress* and his next book, *Self-empowerment Skills to become a Top Performer*, recently published.