



## STRESS AND CONFLICT MANAGEMENT



### Introduction of Course

Stress is an inevitable factor of modern era. The right approach would be to understand stress by an analytical examination of what constitutes it, how the environment contributes to it, how stress affects our body, mind and spirit and what steps can be taken to contain stress within manageable proportions so that it has no deleterious, effect on us. This is the sum and substance of management of stress.

Well-managed conflict becomes the key to effective communication in high-performing teams. When people understand how to manage conflict, team members are not afraid to disagree with one another, challenge and question each other, all in the spirit of finding the best answer and making great decisions.

Through this workshop, participants will be able to use stress & conflict management not only for their profession but also for self-improvement.

### Course Contents

- Causes & symptoms of stress
- Psychological techniques of stress management
- Self-Hypnosis & Self-Healing by Imagery.
- Reason & management of conflicts
- Fundamental of interpersonal relationship
- Transactional analysis & Ego status

### Methodology

The programme consists of a mix of

- Psychometric assessment & management games
- Interactive sessions with professional inputs
- Group discussions and experience sharing
- Individual and group presentations
- Structured exercises, simulation exercises and role play
- Demonstration and probing techniques and Case studies

### Pre-requisite

- Professionals from all sectors.
- Individuals above 18 years of age.

### Duration

Full time: i.e. 3 working days (7 hours/day)

### Course Fee

Residential : Rs 12,000/- per participant  
(on twin sharing basis)

Non-residential: Rs.6,000/- per participant

(\*GST as applicable)

### Mode of Payment

Online/ Cheque/ DD/ cash in favor of CRISP Society, payable at Bhopal.