



# Mental Health (Stress Management)

**21 & 27 SEPT 2022**  
**• 9AM - 5PM •**

This workshop will help participants to zoom in directly to the causes of stresses at workplace and personal life and provide them with practical effective tools to avoid, reduce and manage stress - on and off the job especially relating to high growth environments. Demanding work schedules and frequent changes make a manager and executive prone to unusual stress and this workshop provides real practical hands-on tools for managing and eliminating stress.

This workshop will also explore the practical concepts of what makes certain people 'tick' and why others don't. Stress management perspectives will be explored with experiments and participants would be equipped with Powerful tools (including NLP techniques) that would empower their mind to stay focused and motivated towards the desired goal.

To register, please submit the training requisition form (TRF) to [chengpw@ucsigroup.com.my](mailto:chengpw@ucsigroup.com.my) or you may contact Natalie at Ext 2421

# COURSE OUTLINE

- The nature and causes of stress – the stress response
- Understanding what ‘empowers’ an individual
- Empowerment and Removal of Limiting Beliefs
- Tools of Self-Confidence
- Tools of Self-Motivation
- ‘Break the Pattern’ technique of transformation
- NLP technique and EFT tapping techniques for immediate Stress Management
- Food and Nutrition: Take Charge of your Health!



**Bharati Suresh**  
**Chand**

B.Pharm(Hons), CSCSP, MMPS, Cme  
dMT

Miss Bharati Suresh Chand graduated from USM with a degree in Bachelor of Pharmacy (Honours) with Minor in Management. Miss Bharati has been a consultant pharmacist, managing her community pharmacy for the last 2 decades. Her interpersonal, management and communication skills qualified her to be awarded the “Best Community Pharmacist Malaysia in 2009”. Miss Bharati has always had a passion to improve the quality of life through prevention and life style changes. Her 23 years of research revealed that the major contributing factor to major illnesses was due to stress at work. Her statistics revealed that 7 out of 10 of her clients were either stressed or not happy at work or with their superiors. This inspired her to further enhance her skills in certification in NLP and complimentary medicines, both of which serve as the foundation to improve wellness and productivity. Her dreams inspired her to establish Global Edge Consultancy. Her skill as a NLP practitioner has enabled her to master the art of persuasion, negotiation, leadership, communication and mindfulness. Apart from stress management, her core competency area is in public speaking, effective customer and sales service, leadership and personal coaching. She is also a certified Entrepreneur Master Trainer under the UNCTAD “Empretec” International programme under NAWEM Malaysia. She has also under taken the Impactful Leadership Training with Mind Valley Her latest achievement of being awarded the best participant during the Empretec Entrepreneurship Competencies Workshop organized by United Nations conference on Trade and Development(UNCTAD) marks a milestone to her career as a practitioner and trainer for entrepreneurial related training. She is a certified master Trainer on the Empretec entrepreneurial course. Training and Development Clients: Osram Penang, Intel Penang, STEC Penang, YSP Industries Sdn Bhd, Agilent Technologies, PSDC Duopharma Biotech Malaysia, Bio Life Malaysia, Blackmores Malaysia, KPJ Hospitals Malaysia, Penang State 6 months Entrepreneur Programme for M40 Women

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