



# THE ART OF MANAGING STRESS



**The Challenge :** We all live and constantly perform actions in an ever changing world. Though every individual has tremendous capacity and capability, we often react to situations impulsively, causing stress and dissipating our energies. Instead of enjoying success with mental peace, a lack of cohesiveness and disharmony develops and this is when individuals and teams underperform.

The answer lies in converting the impoverished actions of individuals into dynamic and coherent actions by all team members. Every individual rises to achieve his or her true potential. Every Leader becomes an inspiring role-model and synergies resonate throughout the organisation. The team then achieves success with everlasting peace and happiness.

**“STRESS = MENTAL AGITATIONS  
DUE TO WRONG RELATIONSHIP  
WITH THE WORLD”**

## PRACTICAL TIPS TO COMBAT STRESS :

- Proper assessment
- Reduce ego
- No past worries
- Nor future anxieties
- Cultivate an attitude of gratitude – Present
- Manage your expectations
- Be true to yourself

## KEY TOPICS :

- ✓ Stress & its Symptoms
- ✓ Anatomy of Stress
- ✓ Relief from Stress
- ✓ Benefits of a Stress-free Life

**“IT IS NOT WHOM YOU RELATE  
TO, BUT HOW YOU RELATE TO”**

# INTRODUCTION ::::::::::::::

**The Art of Managing Stress** : The program captures the essence from our scriptures and cross-references a range of Western and Oriental philosophers and litterateurs to clearly analyse the source and anatomy of stress. It explains the structure of your inner personality and how the human mind plays havoc and destroys peace. The program provides various solutions to control and harness the mind to gain relief from stress. "The Key to Managing Stress is Self-Management".

The program addresses these concerns stemming from 'lack of clarity in thinking'. It enables each individual to optimise his/her response to every situation, handle one's emotions, reduce inter-personal friction, control expectations and manage relationships with "proper assessment".

## BENEFITS :

### ✓ To the Individual

- Facilitates proper assessment
- Manage one's expectations
- Control one's emotions
- Reduce / eliminate mental agitations
- Develop clarity of thought
- Work becomes a pleasure

### ✓ To the Organization

- A healthy work environment
- Creates harmony within the group
- Celebrate team members' growth
- Enhance efficiency and productivity
- Growth of the organisation to greater heights



## ABOUT THE GURU



Vinayji is a thinker, philosopher, author, management guru and the founder and managing Trustee of Wisdom Foundation. His quest and fervour for self-management started at the early age of 16. His teachings are supported by over three decades of full-time study and research on ancient wisdom and its practical application to life.

His in-depth understanding, unique interactive style and lucid explanation, translates subtle philosophic themes into valuable lessons in applied philosophy. His appeal lies in the presentation of these truths with absolute precision, effortless ease and consummate wit.

His tireless work in India and other countries has captivated the minds of people and inspired them to commit themselves to a higher ideal. It has enabled them to transform their lives in significant ways- be more productive and peaceful.

Vinayji is fully engaged in promoting higher values through public discourses, retreats, modules for educational institutions, management seminars and in-house programs.

His multitasking ability, combined with his dedication and commitment, has impacted many individuals in a positive way.

Being an athlete, he regularly participates in marathons and long-distance cycling, apart from a daily schedule of yoga and badminton. His passion for mountain trekking has taken him to the famous Annapurna Base Camp(ABC), Mount Everest Base Camp(EBC) in Nepal and the famous Pangarchulla summit in India.

Vinayji stands as a testimony to dynamic living of higher values.

Get in touch with us



**MALAYSIA** +6012 4812762  
**INDIA** +91 98660 09769  
+91 91210 07920



For further information :



training@wisdomfoundationin.org



www.wisdomfoundationin.org