MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

MANAGING STRESS & PRESSURE AT WORK

""Building Personal Resilience and Mental Agility for High-Performance Work Environments""

Schedule

Date	Venue	Fees (Face-to-Face)
04 – 05 Mar 2026	Kuala Lumpur, Malaysia	USD 1995 per delegate
21 – 22 May 2026	Dubai, UAE	USD 1995 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

In fast-moving, high-demand work environments, stress is unavoidable—but it doesn't have to be unmanageable. When not addressed, chronic workplace stress can lead to burnout, health issues, poor decision-making, and reduced performance. However, with the right tools and mindset, stress can be managed and even transformed into productive energy.

This 2-day training equips professionals with practical tools to recognize, manage, and reduce stress and pressure in the workplace. Participants will explore cognitive, physical, and emotional strategies to build personal resilience, maintain composure, and perform effectively—even under tight deadlines and challenging conditions.

Objectives

By the end of this course, participants will be able to:

- Recognize the signs and sources of workplace stress and pressure
- Apply evidence-based techniques to manage and reduce stress
- Develop mental agility and emotional regulation in high-stress moments
- Build habits that support focus, well-being, and work-life balance
- Create a personal resilience plan for long-term sustainability

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Why Attend

- Learn how to stay composed and productive even in demanding roles
- Gain tools to reduce reactivity and enhance mental clarity
- Discover practical strategies for boosting energy and preventing burnout
- Improve communication and teamwork under pressure
- Walk away with a personalized plan to manage stress proactively

Target Audience

This program is designed for:

- Managers, supervisors, and professionals in high-pressure roles
- Project leaders, coordinators, and customer-facing staff
- HR and well-being advocates
- Anyone seeking to manage stress and increase personal resilience

Individual Benefits

Key competencies that will be developed include:

- Stress recognition and response control
- Focus and emotional self-regulation
- Time and energy management
- Resilience and adaptability under pressure
- Mindfulness and recovery techniques

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Reduced stress-related absenteeism and burnout
- Higher productivity and performance under pressure
- Better collaboration and communication during demanding periods
- Improved employee morale and retention
- Stronger workplace well-being culture

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings – Science of stress, performance psychology, and resilience
- Mini Case Studies – Stress scenarios and response outcomes
- Workshops – Breathing, reframing, and workload management techniques
- Peer Exchange – Sharing experiences and support strategies
- Tools – Personal stress mapping, resilience plans, and mental reset techniques

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Course Outline

Training Hours: 07:30 AM – 03:30 PM Daily Format: 3–4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Break: 01:00 – 02:00

Day 1: Understanding and Responding to Stress

- Module 1: Stress Awareness and Triggers (07:30 – 09:30) • Biological and psychological response to stress • Identifying personal and workplace stressors • How stress affects focus, energy, and decision-making
- Module 2: Emotional Regulation and Self-Awareness (09:45 – 11:15) • Emotional triggers and stress response styles • Self-awareness, mindfulness, and mood regulation techniques • Managing reactions under pressure
- Module 3: Mental Agility and Positive Thinking (11:30 – 01:00) • Reframing stressful situations • Building cognitive flexibility • Tools for staying optimistic and solution-focused
- Module 4: Workshop – Personal Stress Map (02:00 – 03:30) • Identifying patterns and setting intentions for change

Day 2: Building Resilience and Sustainable Habits

- Module 5: Resilience Building and Recovery (07:30 – 09:30) • Habits that support mental, emotional, and physical resilience • Micro-breaks, breathing techniques, and energy rituals • Managing energy, not just time
- Module 6: Communication Under Pressure (09:45 – 11:15) • Handling difficult conversations with calm • Saying “no” without guilt • Supporting others through stressful periods
- Module 7: Work-Life Balance and Boundaries (11:30 – 01:00) • Protecting time and focus • Redesigning routines for well-being • Digital boundaries and recovery strategies
- Module 8: Final Workshop – Resilience Action Plan (02:00 – 03:30) • Building and presenting a personal plan • Peer review and group commitment

Certification

Participants will receive a Certificate of Completion in Managing Stress & Pressure at Work, validating their ability to apply effective stress management and resilience strategies in high-demand work environments

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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