



MALTA UNIVERSITY CONSULTING

STRESS MANAGEMENT

Monday 9 July 2012

**One-day seminar organised by
Malta University Consulting**

General Information

The seminar will take place at the University Residence, Robert Mifsud Bonnici Street, Lija on Monday 9th July 2012 from 08.30 to 17.30.

This practical stress management one-day seminar will train you on how to understand and manage stress both within the workplace and within your everyday life. This stress management training content is ideal if you want to embark on a healthier and more relaxed lifestyle. The principles learned in this training can be applied in your home, at the workplace or when having fun.

The seminar will be conducted by Mr Paul Dalli.

Mr Paul Dalli is a certified Accountant by profession and is presently a retired entrepreneur. For more than 15 years he was involved in the Healthcare and Medical industry. Presently he is the President of the Maltese Mentoring Society as well as the European Mentoring & coaching Council (Malta).

The registration fee for a participant is **€95** covering:

- Morning coffee break
- Lunch
- Certificate of attendance, awarded to participants at the completion of the seminar

Cheques are to be made payable to **Malta University Consulting Ltd.**

Further information can be obtained from:

Malta University Holding Co. Ltd., Robert Mifsud Bonnici Street, Lija

Tel: +356 21 240746/9982 9244; email: maria.bugeja@muhc.com.mt



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PROGRAMME

Monday 9th July 2012

08.30 - 08.45	Introduction & Ice Breaker
08.45 - 09.55	Recognising Stress, its impact on the Organisation
09.56 - 10.15	Organisational Influences on Stress
10.16 – 10.30	Coffee Break
10.31 - 12.00	Stress and YOU
12.01 - 12.30	Anti Stress Exercises
12.31 – 13.30	lunch
13.31 - 14.00	Summary on morning session and Question Time
14.01 - 14.45	Workshop I - Stress and ME (A reflective exercise)
14.46 - 16.00	Adjusting & Adapting to Stress
16.01 - 16.35	Workshop II - How can I change?
16.36 - 16.50	Summary and Question Time
16.51 - 17.00	Final Comments & Conclusion