

MQA
APPROVED

MIND MANAGEMENT & STRESS MANAGEMENT FOR MANAGERS

Dr. Shailesh Thaker

Le Meridien, Ile Maurice, Pointe-aux-Piments
Date - 30 & 31 Jan 2010



Programme

DAY 1

Registration 08:30 a.m. - 09:00 a.m.

Micro lab 09:00 a.m. - 09:30 a.m.

Module I 09:30 a.m. - 11:00 a.m.

Two hemispheres - Brain dominance - 4 Quadrant model - Know SLB - Put on your RAS buttons - Belief is everything - What motivates you? - Preferences are everything- Positive affirmations - Power of Creative visualisation- EQ versus IQ - Creative imagination - write your success story- Past never equals future - Attract money - Romancing yourself.

Break 11:00 a.m. - 11:15 a.m.

Module II 11:15 a.m. - 12:45 p.m.

Checking your emotional state, learning optimism, pressure of work, a life balance quiz. Developing personal mind profile.

Recap and points to ponder 12:45 p.m. - 1:00 p.m.

Lunch 01:00 p.m. - 02:00 p.m.

Module III 2:00 p.m. - 3:30 p.m.

How to have a Alpha state: The difference between conscious and subconscious mind, 4 state of mind, meditation, prayer, creative Role.

Break 3:30 p.m. - 3:45 p.m.

Module IV 3:45 p.m. - 5:15 p.m.

Excel your energy: 5 great rules of energy, water, fruit, milk, sleep and health. True source of wealth, money and balance life. Sleep in peace and wake up in joy.

End of Day 1 5:15 p.m. - 5:30 p.m.

DAY 2

Micro lab 09:00 a.m. - 09:30 a.m.

Module I 09:30 a.m. - 11:00 a.m.

Welcome/Introduction. The concept of stress, stress test, job factors, Lifestyle Wellness Inventory. Physical Exercise : Discussion

Break 11:00 a.m. - 11:15 a.m.

Module II 11:15 a.m. - 12:45 p.m.

The harmful effects of stress. Stress Management: psychological and physical aspects, Discussion.

Recap and points to ponder 12:45 p.m. - 1:00 p.m.

Lunch 01:00 p.m. - 02:00 p.m.

Module III 2:00 p.m. - 3:30 p.m.

Relaxation Exercise, self image, sleep, nutrition, calories and body weight.
Physical Exercise: Discussion

Break 3:30 p.m. - 3:45 p.m.

Module IV 3:45 p.m. - 5:15 p.m.

Heart problems, diabetes, affirmations for being healthy. Programming you sub-conscious for stress management.

Final action plan 5:15 p.m. - 5:30 p.m.

Certificate Ceremony & End of Seminar 5:30 p.m. to 6:00 p.m.

Terms and Conditions of participation

Registration

Reservations may be made by telephone/telefax/email but will only be confirmed upon receipt of the relevant registration form(s) and payment of the registration fee of Rs. 10,000/ per delegate.

Payment By Cheque: All cheques should be crossed, marked A/C payee only and made payable to "MULTIEVENTS LTD".

Cancellation and Substitution Policy

A substitute delegate is welcome at any time at no extra charge if the registered participant is unable to attend. Cancellations received until Jan 15th, 2010 will be assessed a Rs 1500/- administrative fee. 50% of the registration fee will be refunded for cancellations received from Jan 16th to Jan 25th 2010. 100% of the registration fee is applicable for cancellation received after 25th January 2010. This also applies to no show on the day of event. All notices of cancellation or replacements must be made in writing and acknowledged by Multievents Ltd. via email or fax.

Programme Changes

Multievents Ltd reserves the right to amend or cancel the event due to unforeseen circumstances or 'force majeure'

About Dr. Shailesh Thaker

Dr.Thaker is the world renowned management thinker and motivational speaker on organizational behavior and development. He is the CLO of Knowledge Inc., a highly reputed training firm, which always helps organizations to achieve international benchmark. Dr.Thaker as a management guru is always in demand as a keynote speaker, business coach, HR Trainer and training guru for the management and training conferences.

Dr.Thaker has conducted 1,344 workshops in 17 countries and has motivated millions of professionals. He has contributed 20 years in this field and has conducted nearly 11,264 hours of training sessions across the globe.

He holds a PhD in Cognitive Thinking (India) and is International Training Fellow (USA).

His presentations and training sessions across the globe have benefited professionals in their personal and professional career. Dr.Thaker has helped business houses to achieve business goals through his CEO training and top management leadership training. As a leadership guru and management thinker, he has initiated innovative ideas in the management world.

Dr. Thaker was inspirational & exceeded the highest expectations of the audience. His words were moving & inspiring to everyone including myself. He truly deserved the standing ovation that everyone gave him.

Asif Iqbal, Manager, Institute of Quality Control, Pakistan.

Well read and well experience motivator .His research on human behaviour is of par excellence level .Most of the time Dr.Thaker got standing ovation at the end of the conference.

Beena Handa , Vice President, (HRM), CLARIS.

Registration Information

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