

ACHIEVING EXCELLENCE THRU STRESS MANAGEMENT™

“There are many causes of stress. The key to true success is learning how to resolve and dissolve stress.”
-Nikhil Desai

We live in a period of rapid change. Changing lifestyles, technological advances and a very intensely competitive business environment have created tremendous stress for all of us.

With the fast pace of life in the modern world we are all feeling burnt out as stress is slowly but surely taking its toll.

Rising stress levels are a root cause of people not being able to perform to their highest potential.

According to a survey by Princeton Survey Research Associates - “Three-fourths of employees believe there is more on-the-job stress than a generation ago”.

No executive or company can afford to ignore the effects of stress.

Stress affects decision making, interpersonal relations, the quality of work and the level of productivity.

The **Achieving Excellence Thru Stress Management™** is a must for your organization.

An increased body of research shows that people make more costly and time-consuming mistakes when under pressure. A de-stressed & energized workforce translates into increased productivity and profits!

One of the Best Stress Management Programs in the World!

Conducted By

International Speaker, Motivator, Trainer

& Director, The Centre For Excellence

RECIPIENT OF THE LIFETIME ACHIEVEMENT AWARD

WORLD HRD CONGRESS

- A powerful presenter with an energetic speaking style, Nikhil Desai inspires and motivates his participants to produce lasting change.
- More than a quarter million people have benefited from his presentations in 56 cities of the world in the last 27 years.
- His participants include executives of more than 900 organizations including many Fortune 500 companies



THE CENTRE FOR EXCELLENCE™
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Stress Is A Fact Of Life But It Need Not Be A Way Of Life!

OBJECTIVES

HOW THE PROGRAM BENEFITS THE ORGANIZATION?
Energized, Employees are the Greatest Assets of the Organization
Increased Productivity
Better Quality Communication in the Organization
Lower Absenteeism
Improved Customer Satisfaction

HOW THE PROGRAM BENEFITS THE INDIVIDUAL?
Achieving Peak Performance
Conquering Stress
Improved Problem Solving and Decision Making
Better Time Management
Enhanced Health and Vitality

CONTENTS

- Develop a Deeper Understanding of Stress
- What is Stress - Eustress & Distress
- Effects & Costs of Stress
- Know the Causes of Stress
- Understand the Interplay of Body & Mind in the Stress Process
- 24 Common Signs and Symptoms of Stress
- Resolving & Dissolving Stress
- Lifestyle Changes to Reduce Stress
- 12 Practical Tips on Stress Busters
- Make Energizing Techniques a Habit
- The Techniques of Laughter
- Learn to Keep Body and Mind Tuned through:
 - Desk Exercises to Relieve Stress
 - Yogic Stretching
 - Simple but Powerful Breathing Techniques

WHO HAS BENEFITTED FROM THE PROGRAM?

Executives of the following organizations have participated in our Stress Management Programs - Abrar, Afcons Infrastructure, Affin Bank, Alert India, Al - Rashed Group, Amtek Auto, AON Global Insurance Services, Apeejay Finance Group, ASB International, Asian Paints, Barclay's Bank, BG Group, BPO Oman, Cadbury, Cap Gemini, Ciba, Colour Chem, Dalal Mott Macdonald, DSTA, Egyptian Banking Institute, Emirates Security Services, ETA Ascon, GE Plastics, General Electric, Godrej Industries, Helvoet Rubber, Hess Oil & Gas, IDBI Bank, Intas Biopharmaceuticals, Jawad Sultan Group, JM Financial Services, Johnson & Johnson, Jones Lang Lasalle, Kirloskar, Kotsons, LCL Logistics, Lockheed Martin, Lowe, Mahindra Navistar Engines, Mahindra & Mahindra, Majan Electricity, Malaysia Airlines, Moore Stephens, NATAS, Nawras Telecom, Nippon Express, Oman Housing Bank, Oman Oil Marketing, Otis, PricewaterhouseCoopers, QASCO Dubai Steel, Ryal Logistics, Sandu Pharma, Shell Gas (LPG), Standard Chartered Bank, Subros, Synechron, TCS, US Coast Guard, VJ Coresoft, Volvo Group and many others.

WHO WILL BENEFIT FROM THE PROGRAM?

CEO's, COO's CFO's, Directors, VP's, GM's, Chief People Officers, Heads of Department, Managers and Executives of the organization at all levels and from all functional areas including Operations, Sales, Marketing, Finance, Human Resources, Talent Management, Training and all other departments will find tremendous value from this workshop.



Christine Marsh, Certified Performance Technologist, participating in Nikhil Desai's session at the International Society For Performance Improvement Europe, Conference



Nikhil Desai at the HR & Training Congress, Philippines

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DURATION

The Achieving Excellence Thru Stress Management™ program can be conducted in formats that vary in length depending on your organization's needs.

Typical Duration can be:

- As a motivational program:- 30, 45, 60, 90, 120 minutes
- As a Training Program:- 1/2 day, 1 day or 2 days

METHODOLOGY

This program is highly interactive, participative and experiential.

WHEN

This session is very important & relevant as a Training Program or for Conferences, Summits, Motivational Sessions, Dealer Meets, Sales Teams, Cross Functional Teams, Retreats, Off-sites or Annual Get-togethers.



Participants at a Program by
Nikhil Desai in Manila



Nikhil Desai with Cartier Executives
during a workshop in Singapore

NIKHIL DESAI AT INTERNATIONAL CONFERENCES

Nikhil Desai has delivered presentations and conducted workshops at various national and international events & forums including the:

- World HR Summit, 2018
- IBA Banking HR Conclave, 2018
- The CEO Weekend, 2018
- Mice Conclave, 2018
- BIG CIO Summit 2018
- National Corporate - Campus Conference, 2017
- RBC and Confederation of Indian Industry (CII), 2016
- World Training & Development Congress, 2016
- Aquaculture CEOs Forum India and AI Awards, 2015
- Annual Controllers' Conference, Ministry of Communications & IT, 2015
- Indo Canada Chamber of Commerce, Canada, 2014
- OGTC International Conference, 2014
- National Institute of Financial Management, 2014
- The 4th Indian Business Leader Summit, 2013
- Oman HR & Nationalization Congress, Oman, 2013
- SHRI HRD Conference, Singapore, 2012
- 4th Annual Managing Local Talent Conference, Qatar, 2012
- Singapore HR Congress, Singapore 2012
- 1st Excellence Conference, Philippines, 2012
- Human Asset Summit, Oman, 2011
- HR & Training Congress, Philippines, 2011
- HR Grand Prix, Malaysia, 2011
- Dubai Human Resource Forum, Dubai, 2011
- International Society for Performance Improvement Europe Conference, Sweden, 2010
- HR Africa Summit, South Africa, 2010
- International Society for Performance Improvement Europe Conference, Ireland, 2009
- The HR Summit, Singapore, 2008
- The Economic Times Leadership Conclave, 2008
- IFFPS Global Speakers Summit & The International Gathering, Dubai, 2007
- Asia Pacific Speakers Summit, Singapore, 2007
- Singapore Quality Institute, Singapore, 2007
- International Society for Performance Improvement Conference, U.S.A, 2007
- World Conference on Training & Development, Malaysia, 2006

Testimonials of Some Participants

Excellent. The best workshop at the world conference of IFTDO (International Training and Development Organization).

- Zarina - Head HR – Abrar – Malaysia

Excellent session for everyone! Thank you for sharing ways to manage stress - at the workplace, home & anywhere.

- Elizabeth Blow - Deputy Training Officer - U.S. Coast Guard - U.S.A

I feel more energized. It is going to help me improve my job performance

- Anne Jorritsma - Learning Leader Europe - GE Plastics - Netherlands

The Program was really an eye opener. The stress & the ways to manage the stress were fantastic. These ways were not only easy but require less time. The ability of the speaker Mr. Nikhil Desai to conduct an interactive program was simply great! The learnings from this session we are carrying with us will help us throughout our lives.

Thanks a lot for such a wonderful program.

- Sarita Pagar – Asst. Manager – BPO Oman – Oman

The program is really different and very good because it has 100% active participation from all the participants. I would certainly recommend this program to our officers from HO.

- Rajashree Rao – Assistant Officer (Personal) - Cadbury - India

Nikhil, you are doing a great job. You are an outstanding presenter. Keep going.

- Aldossary E - Chairman - B.S.T.D – Bahrain

This was the best part of the day. I am returning home laughing. A million thanks to you Nikhil.

- Mehrije Meqa Nagavci - World Learning – Kosovo

Thanks Nikhil for a wonderful session! I feel great after attending it.

- Noreen Armstrong - SAP – Ireland

Very beneficial and enjoyable workshop.

- Kevin Downsworth - MD - First Position Performance Development – UK

I feel relaxed, energetic and cheerful.

- Hala Galal – HR Head – Egyptian Banking Institute – Egypt

Very interesting. I have really benefited from this workshop. Thanks Nikhil for the interesting and enjoyable session. Well organized & well done.

- Patricia Fong - HR - Pricewaterhouse Coopers – Singapore

The Stress Management workshop was the best workshop that I have ever attended. Mr. Nikhil Desai is very clear in his thoughts and explained stress relieving in a very practical and effective manner.

- Suresh Kumar - Plant Engineering Executive – Asian Paints – India

It was an excellent de-stressing experience. In a short span of time I could feel the effect of the exercises. Great!

- M. Subramanian – Barclays Bank – India

Great Insights, Excellent Facilitation, Deep Wisdom and Lots of Fun!

- Juan Pablo – YESP – Sweden

With excellent feedback from all the participants, Nikhil Desai's Stress Management Workshop at the International Society for Performance Improvement/IFTDO Conference in San Francisco, U.S.A. was rated amongst the top sessions of the conference. As a result he was invited to deliver an Encore presentation in New York for the next year's conference.

Kim Akoto, CMP, Director of Meetings & Awards, ISPI, USA sent a mail to Nikhil as follows:-

“Dear Nikhil, The International Society For Performance Improvement (ISPI) would like to invite you to hold an Encore Presentation at the Performance Improvement Conference to be held in New York City, NY at the Marriott New York Marquis.

Encore presentations are a special feature of the Conference. They are selected based on the number of evaluations collected and the score received for the session. The session you delivered on Stress Management the ISPI/IFTDO Annual Performance Conferences received an evaluation score in the top 10 of all sessions offered.

Congratulations on being selected as an Encore Presenter.

Sincerely, Kim Akoto”