



# AUGUST 14 & 15, 2018

# STRESS

# MANAGEMENT

**Shed the causes of stress in a structured and constructive way.**

How successful are you in resisting the pressures from your environment? Ever feel like time is slipping away? Ever felt high pressure to achieve results? Often feel tired? Bored at work or at home? Want a smile on your face and on you loved one's faces?

Only if we are good for ourselves and to ourselves can we be productive and useful members of society.

**For the first time  
Maverick Consulting  
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**Open-house training  
with Đorđe Maričić**

**Take home the best  
of our years of  
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**Welcome!**

**MAVERICK CONSULTING**

## **BOOK YOUR SPOT:**

Price: 187 EUR / per day  
Payment accepted in RSD

Duration: 1 day

Contact:

[office@maverickconsulting.rs](mailto:office@maverickconsulting.rs)

+381 11 404 1005

# STRESS MANAGEMENT

August, 14, 2018 Defining Priorities – One-day training course

Pressures and demands we are exposed to at work and in our private lives often have the following consequences: insomnia, headache, grumpiness, feeling of exhaustion, lack of energy, discontent, irritability, lethargy, apathy, needless conflicts. The speed with which we consume the 1440 minutes available daily lead us to the conclusion that we need additional time in the field rather than taking a break and getting an overview of what really matters to us.

This is why it is important that we recognize the level and causes of stress to regain balance between our business and private environments, thereby increasing our levels of productivity and satisfaction.

## GOALS:

- Developing the ability to identify stressful situations
- Positive and negative stress - understanding and control
- Managing priorities
- Developing a personal stress control action plan

## METHODOLOGY:

- Andragogy

## IMPACT ON THE INDIVIDUAL:

- Accepting oneself and recognizing personal needs, strengths and weaknesses
- Enhancing personal productivity and satisfaction
- Personal manual to manage stress and stressful situations

## EFFECT ON THE ORGANIZATION:

- Developing empathy
- Reinforcing the feeling of belonging to the organization
- Raising staff satisfaction levels

## TARGET AUDIENCE:

- Anyone who recognizes the impacts of pressure from their (private and professional) environment to overall quality of life.

## TRAINING PROGRAM:

- What is important and what is urgent
- Commitment zones
- Redefining daily tasks and obligations in line with personal and organizational needs

# STRESS MANAGEMENT

August, 15, 2018 Through Delegating – One-day training course

After defining our priorities, awareness about the time we need to deliver on certain tasks and about people who know how, want, can or simply should do them instead is a path that saves energy, time and money for everybody. Through delegating we give trust, test our team members' abilities and develop successors so we can move forward or simply let everyone deal their own workload.

## GOALS:

- Developing the ability to identify stressful situations
- Delegating
- Feedback
- Setting realistic objectives
- Chronotypes

## METHODOLOGY:

- Andragogy

## IMPACT ON THE INDIVIDUAL:

- Enhancing communication skills
- Leading by example
- Enhancing own productivity and satisfaction
- Personal manual to manage stress and stressful situations

## EFFECT ON THE ORGANIZATION:

- Reducing staff fluctuations
- Strengthening the corporate brand by providing sincere care for staff
- Enhancing internal communication and teamwork
- Enhancing workplace productivity and satisfaction

## TARGET AUDIENCE:

- Anyone who recognizes the impacts of pressure from their (private and professional) environment to overall quality of life.

## TRAINING PROGRAM:

- Delegating process and roles
- Ways of delegating
- Empathizing
- Prioritizing