

TWO-DAY WORKSHOP ON Stress Management & Emotional Intelligence

Manage your stress, develop your emotional intelligence, and aim to become healthy and wealthy.



Resource Person

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How Will This Workshop Benefit Participants?

01

Stress Management

Techniques to manage stress in daily life and maintain homeostatic balance in the mind and body.

02

Emotional Awareness

Recognize your negative affectivity and frequent mood swings.

03

Emotional Intelligence

Develop EI through self-control, self-regulation, self-motivation, and synergistic interpersonal relations.

04

Excellence in All Endeavours

Build the EI toolkit to achieve peak performance in every dimension of life.

Programme Overview

MODULE 01

Stress: Causes, Consequences, and Cure

Causes of Stress, Consequences of Stress, Cognitive, Physical, and Behavioral Techniques to Manage Stress

MODULE 02

Understanding Emotional Intelligence

EI Pre-Assessment · What is Emotion? · Affectivity · Amygdala Hijack

MODULE 03

Emotional Self-Control

Self-Awareness · Affect Labeling · Conduct Emotional Audit · Reappraisal

MODULE 04

Emotional Self-Regulation

Alpha Waves · Self-Observation · Locus of Control · Ego · Self-Esteem

MODULE 05

Self-Motivation

Passion · Faith · Gratitude · Living at a 10X Level

MODULE 06

Managing Relations

Trustworthiness · Win-Win Attitude · Positive Transactions

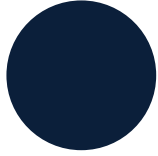
MODULE 01

Stress: Types, Causes, Consequences, and Cure

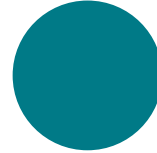
Consistently maintain the homeostatic balance of your mind and body.



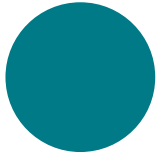
Module 01 – Stress: Types, Causes, Consequences, and Cure



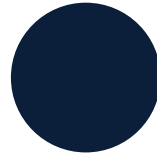
**Understanding Stress.
Positive, Negative, and Chronic
Stress.**



**Biochemical, Physical,
Psychological, and Social
Consequences of Stress.**



**Types of Stressors.
How Perception Plays an
Important Role in Generating
Stress?**



**Cognitive, Behavioral, and Physical
Techniques to Manage Stress.**

MODULE 02

Understanding Emotional Intelligence

Pre-Assessment and Foundation Concepts



Module 02 — Understanding Emotional Intelligence

EI Pre-Assessment

Baseline measurement of each participant's current emotional intelligence levels.

What is Emotion?

Understanding the physiological and psychological origins of emotional responses.

Positive & Negative Affectivity

Exploring the spectrum of emotional states and their impact on thinking and behaviour.

Consequences of Negative Affectivity

How unchecked negative emotions affect decisions, health, and relationships.

Benefits of Positive Affectivity

The compounding advantages of cultivating a positive emotional baseline.

Amygdala Hijack

The neuroscience behind emotional flooding and how to regain rational control.

What is Emotional Intelligence?

Defining EI, its four domains, and why it predicts success better than IQ alone.

MODULE 03

Emotional Self-Control

Mastering your inner emotional landscape



Module 03 — Emotional Self-Control

1

Self-Awareness

Identify your emotional triggers and patterns before they control you.

2

Affect Labeling

Name your emotions precisely — labeling reduces their physiological intensity.

3

Conduct Emotional Audit

Structured self-examination to surface recurring destructive emotional habits.

4

Reappraisal

Cognitive reframing to shift your emotional response to the same stimulus.

5

Practical Exercises

Hands-on participant activities to embed self-control techniques in real scenarios.

MODULE 04

Emotional Self-Regulation

Sustaining calm, focus, and personal regulations



Module 04 — Emotional Self-Regulation

How to Live in Alpha Waves?

Enter a calm, high-performance mental state using proven neurological techniques.

Self-Observation

Develop the habit of watching your own thoughts without judgment.

How to Develop an Internal Locus of Control?

Shift from blaming external events to owning outcomes and responses.

How to Dilute Our Ego?

Reduce the defensive ego that blocks growth, learning, and collaboration.

How to Develop a Positive Attitude?

Cultivate optimism as a disciplined, learnable daily practice.

How to Heighten Our Self-Esteem?

Build a robust, unshakeable sense of personal worth and capability.

Practical Exercise

Structured group activity applying regulation techniques to real scenarios.

MODULE 05

Self-Motivation

Igniting and sustaining your inner drive



Be Your
Best Expression

Module 05 — Self-Motivation

How to See the Invisible and Achieve the Impossible?

Develop visionary thinking — the ability to perceive possibilities beyond the obvious.

How to Nurture Your Passion?

Identify, protect, and fuel the intrinsic motivators that drive sustained high performance.

How to Live at a 10X Level?

Adopt a mindset of exponential ambition — think and live at 10 times your current level.

Have Faith

Build unwavering belief in your vision and your capacity to bring it to reality.

How to Practice Gratitude?

Daily gratitude practices utilizing an AA formula that rewires the brain for optimism and resilience.

Practical Exercise

Immersive participant activities to anchor motivation techniques in daily habits.

MODULE 06

Managing Relations

Creating trust, rapport and positive impact



Module 06 — Managing Relations

How to Be Trustworthy?

Understand the behaviours and commitments that build deep, lasting trust with others.

How to Keep Positive Transactions?

Maintain high-quality emotional exchanges that leave others energised, not drained.

Emotional Condensation

Learn to distil and channel complex group emotions into constructive collective energy.

Practical Exercise

Role-play and reflection activities designed to sharpen your relational intelligence.

Nuances of Win-Win Attitude

Move beyond compromise to genuinely collaborative solutions that satisfy all parties.

Requirements in the Training Room

Please ensure the following are arranged before the workshop begins:



Laptop and LCD/LED for Presentations



Audio Facility with Collar Microphone



Writing Pad and Pen for each Participant



Photocopies of the Workbook for each Participant



Classroom Seating Arrangement in the Training Hall

Workshop Schedule — Day One

DAY 01

Session I

10:00 am – 01:00 pm

- Understanding Stress and the Perceptual Process
- Causes of Stress
- Consequences of Stress
- Techniques to Manage Stress

Lunch Break

01:00 pm – 02:00 pm

Networking and Refreshments

Session II

02:00 pm – 04:30 pm

- EI Pre-Assessment
- Understanding Emotional Intelligence
- Emotional Self-Control
- Filling the Workbook

Evening Tea

04:30 pm

Day One Concludes

Workshop Schedule — Day Two

DAY 02

Session I

10:00 am – 01:00 pm

- Emotional Self-Regulation
- Practical Exercise
- Filling the Workbook

Lunch Break

01:00 pm – 02:00 pm

Networking and Refreshments

Session II

02:00 pm – 04:30 pm

- Self-Motivation
- Managing Relations
- Filling the Workbook

Evening Tea

04:30 pm

Day Two Concludes

Fee Structure

₹ 20,000
per day

Additional logistical expenses, if any, will be charged at actuals.

Professional Honorarium

₹ 20,000 per day of lecture engagement.

Logistics at Actuals

Travel, accommodation, and local transport will be charged at actual cost separately.

THANK YOU

Life Is Beautiful — Make It Extraordinary

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<https://sanjaysaxena.in>