

A black card with the words 'Stress Management' written in white cursive script. The card is placed on a wooden surface. A black marker with a white tip is visible at the bottom of the card. In the top left corner of the overall image, there is a crumpled piece of black paper with a white letter 'C' on it.

Stress
Management

STRESS MANAGEMENT

10 - 11 JULY 2024

A circular icon with a white exclamation mark on a gold background.

DEADLINE TO REGISTER

14 June 2024

OVERVIEW

More than ever, we now experience a lot of demand for our time, focus and attention to the organisation that we work for and society at large. Such demands are increasing as the world is getting more complex and becoming more accessible with the rate of technological progress, inevitably leading to more stress.

While a healthy level of stress can fuel our performance and productivity, excessive stress can have detrimental effects on our well-being. As a result, stress management quickly becomes an imperative and critical skill that we must master as we advance more into the future.

Cultivating the right mindset and approach towards life is essential. Stress management revolves around achieving a perfect balance, maintaining stress levels conducive to mental well-being, heightened productivity, and peak performance. By finding this balance, individuals not only unlock their full potential but also enhance their enjoyment and satisfaction in their pursuits.

This course walks through many aspects of stress management such as time management, people skills, motivation, influence techniques, right mentality, assertiveness and so on. Each topic is explored in detail and exercises are provided to emphasise the skills during the course so that the delegates will be more likely to adapt to the new point of view and approach life with the right skills and mindset to get maximum results.

OBJECTIVES

- Possess a comprehensive understanding of stress and its effects on individual and organisational levels.
- Be able to recognise both physical and emotional stress triggers, enabling proactive intervention.
- Acquire a diverse toolkit of stress management techniques, including physiological methods and assertive communication skills.
- Cultivate a positive mindset and resilience, empowering them to navigate stressors with confidence and effectiveness in their personal and professional lives.

WHO SHOULD ATTEND?

- Individuals in high stakes and high-pressure roles.
- Individuals wishing to nurture their holistic wellbeing.
- Individuals experiencing stress in their personal or professional lives.
- Managers and leaders seeking to address and help manage stress within their teams.
- Professionals striving to enhance their performance by managing stress effectively.

METHODOLOGY

- Face-to-face
- Individual activities
- Group exercises



PROGRAMME DETAILS

DATE	TIME
10 - 11 July 2024	8:30 am - 12:00 pm 1:30 pm - 5:00 pm

***Subject to change

Please refer to www.bilif.com.bn for the latest updates***

PROGRAMME OUTLINE

MODULES
What is Stress
How to Monitor Stress
How to Avoid Extreme Distress
How to Manage Physiological Stress
How to Reduce Stress
How to Say No
How to be Positive

PROGRAMME LEADER

CHONG WAN CHING

Chong Wan Ching began her career in a manufacturing company where she successfully developed, implemented and obtained several products and quality management system certifications, including the internationally recognised ISO 9002. Since then, she moved on to various international and local financial institutions in areas, of insurance, investment, banking, sales, sales management and training.

Wan Ching believes in continuous self-development and has obtained various certifications. She is a Certified Financial Planner registered with the Financial Planning Association of Singapore. She is also a Accredited Training Professional, Certified NLP Master Practitioner, Certified Coach Practitioner, and Six Seconds EQ Certified Practitioner. Wan Ching has a wealth of experience in providing training specialising in the areas of insurance, investment, financial planning customer service, sales, sales coaching and management, presentation, leadership and many other soft skills. Her workshops are known to be highly active, mind-set changing and experiential.

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To apply for the programme, please email your completed form to askSEED@bilif.com.bn by 14 June 2024.

CATEGORIES	STAKEHOLDERS	NON-STAKEHOLDERS
FEE	<input type="checkbox"/> \$ 850.00	<input type="checkbox"/> \$ 950.00

By completing and signing this form, you hereby agree to the terms and conditions below:

Full Name: IC Number:
Position: Department:
E-mail: Phone:

Full Name: IC Number:
Position: Department:
E-mail: Phone:

Full Name: IC Number:
Position: Department:
E-mail: Phone:

APPROVING OFFICER

Name: Email:
Position: Department:

Please email the invoice to:

Signature and Company's Stamp

Terms and conditions:

Cancellation Policy:

- All cancellation must be submitted to BILIF in writing either by letter or email.
- Any cancellation received 30 days or more prior to the training date will incur a cancellation fee of 10% of the programme fee.
- Cancellation received 8 - 14 days to the training date will incur a cancellation fee of 50% of the programme fee.
- Cancellation of registrations received 7 days or less from the date of training or if the delegate fails to attend the training, he/she will be considered as 'no show' and is subjected to 100% of the programme fee.
- BILIF welcomes and accepts replacement of participants up until a day before the training commences.

Other terms:

- Participants must complete all scheduled sessions and activities for them to receive the certificate of attendance/ completion.
- Payment must be made upon receipt of invoice issued by BILIF.
- BILIF reserves the right to amend, change or cancel the programme at any given time. We will immediately notify participants and organisations if any such changes are to be made.

ABOUT BRUNEI INSTITUTE OF LEADERSHIP AND ISLAMIC FINANCE

Brunei Institute of Leadership & Islamic Finance (BILIF) was established in 2010 as the Centre of Excellence for the finance industry in Brunei Darussalam, providing high-quality learning solutions, including signature and collaborative events for human capacity development in the areas of Islamic finance and leadership.

Under the purview of Brunei Darussalam Central Bank (BDCB), BILIF plays a fundamental role in Pillar 5 of Brunei Darussalam Financial Sector Blueprint 2016-2025 in raising financial industry standards, especially in the areas of Islamic finance.

All of our programmes are accredited by Brunei Darussalam National Accreditation Council as Value Added Qualifications. Since its inception, BILIF has conducted 809 programmes and 83 events for more than 16,900 participants, including a suite of Virtual Instructor-Led Training (VILT) programmes and online events (as of December 2023).

BILIF has forged strategic partnerships with local and international organisations over the past 10 years which have allowed us to bring professional programmes, expertise and opportunities to shape future leaders, experts and innovators, particularly in the areas of Islamic finance and leadership. Amongst these strategic partners include The London Institute of Banking & Finance (LIBF), United Kingdom; the Accounting and Auditing Organization for Islamic Financial Institutions (AAOIFI) and Bahrain Institute of Banking and Finance (BIBF), Bahrain; Islamic Development Bank Institute (IsDBI), Kingdom of Saudi Arabia, Singapore

Management University (SMU), Singapore and INCEIF University, Malaysia. Locally, BILIF has also partnered with two of the top higher education institutions in Brunei Darussalam; Universiti Brunei Darussalam (UBD) and Universiti Sultan Sharif Ali (UNISSA) in our joint efforts to impart invaluable knowledge and skills for students and professionals in not only finance but also other private and government sectors.

Appointed by BDCB, BILIF is the official licensing examination centre for Financial Planning Practitioners' Programme (FPPP) and the Qualifying Examination for Insurance/Takaful Agents (QEFITA). BILIF is also the official examination centre for all examinations under Chartered Institute for Securities & Investment (CISI), UK; Chartered Bankers Institute (CBI), UK; International Compliance Association (ICA) and AAOIFI. BILIF has also recently been accepted as a Pearson Vue Authorised Test Centre which can house more than hundreds of examinations such as Certificate in Climate Risk, Certified Internal Auditor® (CIA®) and Certified Associate in Project Management (CAPM), amongst others.

BILIF has received multiple accolades including the "Best Emerging Islamic Finance Training Institution – Brunei 2021" from the International Finance Awards 2022; "Best Islamic Finance Education & Training Brunei 2021" from the Global Banking & Finance Awards® and "Global Good Governance (3G) Human Resource Development Award 2022" received at the 7th Annual 3G Awards Ceremony. BILIF was also awarded its third "GIFA Excellence Award (Islamic Finance Training & Education) 2022, which has been previously received in 2019 and 2021.

83

Events

809

Programmes
and Examinations

16,900+

Participants

INTERNATIONAL AWARD WINNING INSTITUTE





Discover our upcoming programmes and events

bilif.com.bn

Contact our Sales and Marketing Department
for any enquiries

askSEED@bilif.com.bn

*Alternatively, you can also WhatsApp us at
+673 8271140 to learn more about our offerings*