



An opportunity to  
become Internationally  
Accredited  
Professional



# International Stress Management Association (ISMA)

Three-day Workshop (25 Hrs.)

On

## Stress Management

In

collaboration

(Leads to International Certification accredited by International Council of Stress Management Professionals, Australia)

**DATES FOR THE YEAR 2019**

**SMPC WINTER : 8<sup>TH</sup> – 10<sup>TH</sup> FEB**

**SMPC SUMMER: 12<sup>TH</sup> – 14<sup>TH</sup> APRIL**

**SMPC SPRING : 12<sup>TH</sup> – 14<sup>TH</sup> JULY**

**SMPC AUTUMN: 11<sup>TH</sup> – 13<sup>TH</sup> OCT.**

**VENUE: ONE CONTINENT (4 STAR FACILITY), ABIDS, HYDERABAD**



### Rationale

Stress-related illnesses are forecast to be the **leading causes** of the global disease burden by 2020 -WHO. The epidemiological evidence indicates that job stress is rapidly emerging as the single greatest cause of work-related disease and injury. There is a severe dearth of skilled professionals in the area of stress management. ISMA in collaboration with ICSMP has designed a structured and scientific approach for creating, developing and certifying professionals to contribute in enhancing productivity, promote healthy work culture, harmonious industrial relations and holistic wellbeing of individuals and organisations.

### SMP Syllabus:

SMP Syllabus and the programme design have been scrutinized by senior professors from more than 25 major Universities in the country during the National Conference on Stress Management Professional, November 2013. SMPC workshop modules were designed and again refined by the panel of experts during 1<sup>st</sup> International Conference on Stress Management Professional (ICSMP 2014). Pilot workshop modules were conducted during first half of 2015 and got the positive feedback from the participants.

### Who should attend?

Executives, Engineers, Scientists, Professionals from Governments, Private sector and Public Sector Undertakings (product, process and service sectors), Faculty members, Corporate Trainers, Human Resource Professionals, Occupational Health Professionals, Doctors, Physiotherapists, Professionals from Counseling, Rehabilitation and Wellness areas will find the programme useful.

### Eligibility:

A degree or post-graduate degree and one or two year's work experience is desirable.

### Overall benefits of the Certification

- Greater confidence in handling stress issues at personal & organizational Level.
- Prudent Techniques for Measuring and Managing Stress related variables like ANGER, ANXIETY, SELF-ESTEEM, TYPE "A" and many more from SOCIO-ORGANISATIONAL domains
- Access to a patented tool i.e. STRESSTUNE™ to support your professional services (viz. online stress audit, stress coaching, stress counseling).

## **SMPC Programme Details**

SMP programme has been designed in such a way that the working professional can actively participate without interrupting their regular work. Quality of the programme is assured with the following steps and rigor in execution. To maintain the sanctity of the certification and also provide enough convenience to the participants the council has decided to divide the International certification into 3 steps. Thus the 100-hour certification will now be split into 25+50+25 hours respectively.

### **Step ONE: Stress Management Professional Certification (SMPC) Workshop: 25 hours**

#### Module 1. Stress Coaching (10 hours)

Content: Stress Basics, Personal Stress Audit, Physical Quotient & its development, Neural Quotient & its development, Emotional Quotient & its development

#### Module 2. Stress Counseling (10 hours)

Content: Stress Counseling Concepts, Protocol based Stress Counseling, Cognitive Quotient & its development, Psychosocial Quotient its development, Case Studies

#### Module 3. Workplace Interventions (5 hours)

Content: Workplace Stress and prudent strategies, Organisational Stress Audit, Psychosocial factors and Stress Resilience

### **Step TWO: Online Self-Paced Learning (50 hours)**

After completion of SMPC Workshop, based on the convenience participants can register for Self-paced In-depth learning Program. This will be a 50 hour online learning program. Participants will have register and access the Patented tool of Stress Management Lab. Participants will gain In-depth knowledge of 7 domains of Stress management aspects. They can conduct online stress Audits for their clients. candidate can take online examination conducted by International Council of Stress Management Professionals (ICSMP) and result will be declared instantly.

## **Syllabus outline**

1. Physiological aspects of stress: Introduction to Stress Physiology; Neuro-endocrine Axis; Endocrine Axes; Integrated response to Stress; Effect of Stress on various body systems; Stress and Disease.
2. Emotional aspects of stress: Emotions; The Emotional Basis of Stress; A systems model of emotion; Emotions and Moods; Organizational Behaviour (OB) Applications of Emotions and Moods.
3. Cognitive aspects of stress: Stress and Cognition; Psychological effects of stress; Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on cognitive performance.
4. Psychosocial and Bio-ecological aspects of Stress: Adaptation; Frustration; Overload; Deprivational Stress; Stressors unique to Women; Biorhythms; Stress Prone Diet.
5. Organizational aspects of stress: Approaches and Models of Job Stress; Organizational Role Stress; Individual Differences in Reactions to Workplace Stress; Coping Strategies and Interventions; Management Standards and Management Competencies.

### **Step THREE: Certification by ICSMP Sydney (25 hours)**

This will be hands on experience program where participants have to submit case studies and evidences of real time application of learning. A minimum of 25 hours of delivery should be submitted to ICSMP. ISMA India will provide opportunities as and when they are ready.

## About the Lead Trainer

**Dr. B. Udaya Kumar Reddy** has more than two decades of post-doctoral experience in the areas of Stress Management training, research, consultancy and counseling. He is working with Stress Management Lab Pvt. Ltd, Hyderabad in the capacity of Director (Training & Consultancy). Presently, he is the only MASTER TRAINER certified by ICSMP to conduct Stress Management Professional Certification Workshops in India. Dr. Reddy is the founder of International Stress Management Association (ISMA), India chapter (1999). Dr. Reddy had his Masters Degrees in philosophy, psychology and management; he took his Ph.D. in stress management area from S.V. University, Tirupathi, India (1995).



## Resource Person

**Rajender Singh M.** Operations Director-SML, Prior experience includes Vice president Global Operations and Talent Management for Kantar group of Companies. A professional with over 25 years of experience in Research domain and has played vital roles in Nurturing Talent and Organisational Performance. Expertise in strengthening Corporate and Academic relevance and Managing Stress at Organizational level.



## Workshop Registration Enquires

International Stress Management Association.  
4-6-22/1/B, 103, Trinity Complex  
Attapur, Hyderabad – 500048, Telangana  
Mobile: 9701736007

## Some of the Organizational Clientele ...

NFC, NTPC, BARC, CISF, INDIAN ARMY, DRDO  
SCCL, Hetero, Aditya Birla, TechMahindra  
J K Fennar, SSI, BE, Dharwad Univ., NRSI, etc.

## ICSMP Secretariat

Level 7, 179 Queen Street  
Melbourne 3000, Victoria, AUSTRALIA  
[www.icsmp.org](http://www.icsmp.org)

## SMPC fee details: Step Wise

Step ONE-Workshop Fee (25 Hrs.): - 10,000/-  
Step TWO- Online learning Fee (50 Hrs.): 5,000/-  
Step THREE- Certification Fee (25 Hrs.): 5,000/-  
**Step-wise completion certificate will be given**

## Fee

### SMPC (Step ONE)

Early Bird Offer- Rs.8,000/- (45 days before)

Regular Offer- Rs.10,000/-

### SMPC (All Three Steps)

Early Bird Offer- Rs.14,000/- (45 days before)

Regular Offer- Rs.16,000/-

(Fee includes, lunch and workshop Kit)

Some pictures of previous Certifications...



## Payment Option:

### Online

<https://www.meraevents.com/event/stress-management-professional-international-certification>

### Wire transfer

A/C Name: International Stress Management Assoc.

Bank : Bank of India, A/C No.: 867810110007046

Branch: Attapur, Hyderabad, IFSC: BKID0008678

### Offline Payment:

Demand Draft drawn in favour of "International Stress Management Association" payable at Hyderabad

For more details of SMPC Workshop  
visit: [www.isma.org.in](http://www.isma.org.in)