



International Stress Management Association (ISMA) Conducts **Stress Management Professional (SMPPro)**

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

***Participate and Get Certified from your Home
(without hassles of travel & stay)***

In
collaboration



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. SMP workshop modules were designed and again refined by the panel of experts during 1st 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 15+60+25 hours respectively.

Step ONE: Stress Management Professional Certification (SMPC) Workshop: 15 hours

Module 1. Stress Coaching (5 hours)

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

Module 2. Stress Counseling (5 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 (Effort: 60 hours & Time frame: 3 Weeks to 3 Months)

After completion of SMPC Workshop, based on the convenience participants can register for Self-paced In-depth learning Program. This will be a 60 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 (Effort: 25 hours & Time frame: 2 Weeks to 2 Months)

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 Faculty Team

Dr. B. Udaya Kumar Reddy has more than two decades of post-doctoral experience in the areas of Performance Management, Stress Management training, research, consultancy and counseling. He is working with Stress Management Lab, Hyderabad in the capacity of Director (Training & Consultancy). Dr. Reddy is the founder of International Stress Management Association (ISMA), India (1999). Dr. Reddy had his Masters Degrees in philosophy, psychology and management. He also took his Ph.D. (1995).



Dr. Marcus Fila is a Professor, speaker, and management consultant. Presently, he is working as Associate Professor of Management at Hope College, Western Michigan University. He got his PhD in the Field Of Work Stress, Organizational Leadership and Analysis. He teach courses in Human Resource Management and his active consultancy and research in the field of occupational stress and well-being; articles published in Human Resource Management Review, Journal of Business and Psychology, Stress and Health, among others.



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 Organizational Performance. Expertise in strengthening Corporate and Academic relevance and Managing Stress at Organizational level.



Ian Shakespeare is CEO of SMG Health, Australia who has been committed to the competency based development, implementation and management of quality health services to industry. Earlier he worked as CEO, Judgment Index, Australia and also CEO & Senior Vice President APAC, Optum. Over the past few years he is focusing on those critical organizational and personal issues that impact health, wellbeing and productivity. He got his MBA from NTU and another MBA(IOP)from RMIT Univ., Australia.



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.

Payment Option:

Online

<https://www.meraevents.com/event/smpro>

Wire transfer

A/C Name: International Stress Management Assoc.
Bank : IDBI BANK, A/C No.: 1048104000140270
Br.: Rajendra Nagar, Hyd., IFSC: IBKL0001048

Offline Payment:

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

SMPPro Certification Fee (All Three Steps)

For International Participants: USD 497

For Indian Participants : Rs.25,000/-

(Limited registration: max. Nine participants)

CDPro Certification Fee: (Indian participants)

Step ONE-Online & Live Workshop (25 Hrs.): - 12,500/-

Step TWO- Online Self-paced learning (50 Hrs.): 10,000/-

Step THREE- Skill Demo & Certification (25 Hrs.): 7,500/-

(Step-wise completion certificate will be given)

Workshop Registration Enquires

International Stress Management Association.

4-6-22/1/B , 103, Trinity Complex

Attapur, Hyderabad – 500048, Telangana, India

Mobile: 9701736007

For more details of SMPPro Workshop, Visit: www.isma.org.in

Feedback
of some of previous
online & live workshop
(Step ONE) Participants

Workshop
On

Stress Management

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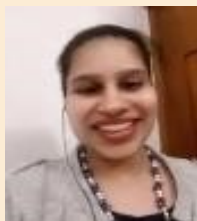
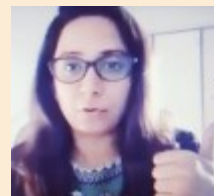


...I was quite excited and it is more effective and no less than face-to-face workshop. It is transformational for me at personal and professional level ...

-Dr. G. V. Prabhu , IAOH, Past National President, Goa, India

...I am from Marketing communication area not from Psychology or HR but this online workshop connected the dots and understand the narrative which very big deal.... I look forward to pursue for my career...

-Chetna Israni, Communication Specialist, Mumbai, India

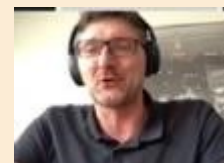


...It is a beautiful workshop to deal stress from psychological perspective and delivery of the course is completely excellent...

-Archita P. Reddy , Consultant Psychologist, Bangaluru, India

...such great pleasure and honour to be in this programme. I have learned so much and it was a great opportunity to promote stress management in Europe

-Alexander Heaner, Dir., Phoenix Resilience, Switzerland



..It was great being faculty in Stress & Health specialization to enrich the practical aspect of it. It will help to conduct stress management workshops in industry more professionally...

-Dr. Sandeep Kumar, Assoc. Prof., Dept. of Psychology, BHU, India

..this online workshop is excellent, good in delivery, content and methodology. It never look like online programme....more than value for money...

-Santhanam Krishnan, IIM, Management Consultant, Chennai, India



Workshop Registration Enquires: info@isma.org.in +91 9701736007