



Greeting from Suprajiv

Suprajiv Foundation

Suprajiv Foundation is an organization based at Bangalore with an unique expertise in conducting **Faculty Development Programs, Behavioral, Soft-Skill, Quality and Technical trainings. Large Corporate's and Educational Institutions have been benefited by our trainings.**

These training programs are conducted in a very **Interactive and Dynamic format, there will be, not a dull moment during these training sessions.** This fosters a dynamic thinking, which is most essential in the current scenario. **We are certain that these trainings will offer a new experience.**

Contact Us

Contact Person: T K Rajiv

Phone: +91 9448380922

Email: trg@suprajiv.in |

Cc: rajivtk2000@yahoo.com

Web: www.suprajiv.in

"A Unique Experiential Dynamic Workshop"

STRESS MANAGEMENT

07-FEB-2015 (SAT) at Trivandrum, Kerala

Program Details:

Date	07-FEB-2015 (SAT) One Day Only - Non-Residential
Time	9:30am to 4:30pm
Trivandrum office	Suprajiv Foundation, C/o - Centre for Trade Panavilla, Trivandrum – 695 00. Ph: 0471-2328009
Program Venue	Hotel Regency. Manjalikulam Cross Road, Thampanoor, Thiruvananthapuram. Land Mark : Near Railway Station Kerala. Ph: 0471- 2330377 / 2331541
Course Fee	Rs. 850/- per participant. (Eight Hundred and Fifty Only per participant)
Course Fee	Includes Lunch and refreshments during the Training only. No accommodation and other charges are included in the course fee.
Discounts	Nominate 11 participants, PAY FOR 10 participants.
Payment	Cheque/DD in favor of "SUPRAJIV FOUNDATION"

:: Program Objectives

- To see Stress as something you can cope with rather than something that Overpowers you.
- Nature of stress, Cause and Dissolution of stress.
- Effects of Stress on Performance.
- Changing Behavior and Thinking to Conquer Stress.
- Action Plan.
- Understanding the art of relaxed and efficient working.

Suprajiv Foundation

:: Program Benefits

- Increasing Productivity.
- Improving Quality of Work.
- Reducing Labor turn over, increasing quality employees' detention.
- Enhancing job satisfaction.
- Improving attitude towards work and colleagues.
- Adding value to work and Life.

Address:

30, A1, ParkWest, 12th Cross
First Stage Indiranagar,
Bangalore – 560 038

Website: www.suprajiv.in

Introduction

In today's fast paced world individuals are being stressed out as they deal with demanding situations and people, trying to keep the balance between office and personal life etc., makes it tough and stressed. We are also aware of that reality; stress is immediately reflected in the body, draining out our energy and well-being.

It is certain that learning the art of conquering stress is no different from acquiring any other managerial skills.

Through this workshop, we are attempting to understand the early symptoms of stress and learn the art of handling its harmful effects by very simple methods and exercise, which one can do even while at work.

This STRESS MANAGEMENT Program is a very dynamic, participative and experiential workshop. Request you! - Further details and Brochures of this program and our other trainings of interest to you are downloadable from our website. www.suprajiv.in

We reach you through this letter requesting you to nominate your Employees / Executives / Faculty members for the forthcoming STRESS MANAGEMENT Program at TRIVANDRUM, Scheduled on the 07-FEB-2015 (SAT) at Trivandrum, Kerala

Should you require any clarifications do feel free to write to us.

Looking forward with interest for your positive reply and also for a long standing and cherish able association with you at all times.

Thanking you.

Yours truly

For Suprajiv Training and Development Center

The Facilitator

The Facilitator of this workshop is Mr. T K Rajiv. He has a unique expertise in communicating complex truths in simple capsules, along with his experience in the corporate world made him conceive various workshops. His understanding from meeting the top order of various companies and their subordinates lead to an intense need for handling stress at various levels, improve communication among peers and an acute need for subordinates to be motivated which directly improved their profitability.

Mr. T K Rajiv is the Founder Trainer of Suprajiv Foundation. Prior to Suprajiv, He has held various positions in organizations, to mention one of them he was the Director, Training and Marketing for EMCEE Computers Pvt. Ltd. He later promoted Suprajiv Foundation, an organization that conducts various programs for Doctors, CEO's, Top and Middle Management.

He was also the Lead Trainer with SGS India Private Ltd.,

The workshops conducted by Mr. T K Rajiv is unconventional and experiential and has attracted thousands of professionals from various Sectors viz- Hospitals, finance, Manufacturing, IT, Automobile, Pharma, MNCs, Oil Corporations, Ministry of Defense organization, Educational Institutions, Trading etc.,

His approach is very methodical and his style of presentation and strategies employed makes the workshops interesting and participative that inspires people to realize their potentials, which is the driving force in them for positive change and results.

STRESS MANAGEMENT

*People are disturbed not by situations,
but by their perception of situations....*

:: Objective

- To see Stress as something you can cope with rather than something that Overpowers you.
- Nature of stress, Cause and Dissolution of stress.
- Effects of Stress on Performance.
- Changing Behavior and Thinking to Conquer Stress.
- Action Plan.
- Understanding the art of relaxed and efficient working.
- Assess your own stress levels and stress inducing ideas one holds.
- Differentiate between negative signs of stress and positive once of pressure.
- To understand how to be an inspirer and not an instigator and much more

:: Benefits

- Increasing Productivity.
- Improving Quality of Work.
- Reducing Labor turn over, increasing quality employees' detention.
- Enhancing job satisfaction.
- Improving attitude towards work and colleagues.
- Adding value to work and Life.

Program Details

01	Date	07-FEB-2015 (SAT) ONE DAY Only - NON-Residential
02.	Time	9:30am to 4:30pm
03.	Trivandrum office	Suprajiv Foundation, C/o. Centre for Trade Testing Panavilla, Trivandrum – 695 00. Ph: 0471-2328009
04.	Program Venue	Hotel Regency. Manjalikulam Cross Road, Thampanoor, Thiruvananthapuram. Land Mark : Near Railway Station Kerala. Ph: 0471- 2330377 / 2331541
05.	Course Fees	Rs. 850/- per participant. (Eight Hundred and Fifty Only per participant)
06.	Course fee	Includes Lunch and refreshments during the Training only. No accommodation and other charges are included in the course fee.
07.	Discounts	Nominate 11 participants, PAY FOR 10 participants.
08.	Payment	Cheque/DD in favor of "SUPRAJIV FOUNDATION"

Note: Reasonable & Decent, Single and double A/c. Non AC accommodation available at the Venue. Neat Restaurant available for breakfast and dinner. For accommodation may book directly at least 7 days in advance. Ph: 0471- 2330377 / 2331541.

Our Clients:

- Park center, Techno park Trivandrum,
- KINFRA,
- HLL,
- ASIANET Communications,
- Member Companies of Trivandrum Management Association,
- Asianet News,
- Vinizham Port Trust,
- CUSAT, and **many more.**

Forthcoming Training Programs

Sl.No	TOPIC	DATE & LOCATION	CONTACT PERSON
01	Out Bound Training	JAN 23 RD & 24 TH 2015 Trivandrum	Mr.Basant, Secy Trivandrum Mgt Assn Ph : 09645083685 Email: trg@suprajiv.in
02.	Stress Management	07-FEB-2015 Trivandrum	Mr. T K Rajiv PHONE : 09448380922. EMAIL : trg@suprajiv.in Cc: rajivtk2000@yahoo.com
03.	Quality Management Systems	09 MAY 2015 Bangalore	<u>Mr. Natarajan Balan</u> trg@suprajiv.in Ph : 09986056203
04	GOAL (<u>G</u> oal <u>O</u> riented <u>A</u> ssertive <u>L</u> eadership)	23 rd MAY 2015 Trivandrum	Mr.T K Rajiv PHONE : 09448380922. trg@suprajiv.in Cc: rajivtk2000@yahoo.com
<u>05</u>	FEET (Faculty Effectiveness Enhancement Training)	29 th & 30 th MAY 2015 Bangalore	<u>Mr. Natarajan Balan</u> Mr.T K Rajiv trg@suprajiv.in Ph : 09986056203
<u>06</u>	FEET (Faculty Effectiveness Enhancement Training)	12 th & 13 th JUNE 2015 Ernakulam	<u>Mr. Natarajan Balan</u> Mr.T K Rajiv trg@suprajiv.in Ph : 09986056203