

Life is Short, Why Worry?

Do you know worrying affects organisation productivity?

Want to learn methods to control worry in the workplace to boost productivity?

Introduction

Worrying too much can interfere with a person's ability to do the everyday things they may want to do. People can feel trapped in a cycle of worrying that can make them feel physically tense or on edge, may affect their sleep or make them feel more irritable with the people around them. People who worry may start to worry about the fact they are worrying so much and what this may mean for their health, or what this says about them as a person. They may also find it hard to stop worrying as it can make them feel that things are under control or they may think that it is useful to worry things through to prevent things going wrong.

Program Objectives

This training program aims to

- Expose to participants on the nature of worry
- Equip participants with methods to handle worry

Learning Outcomes

After completing this program, participants would be able to

- Plan methods to reduce worry attack
- Help friends around us to handle worry effectively

Who should attend?

Non-managerial, first-line management, middle management, senior management and anyone who has the interest to apply to lie spotting as well as anyone who wishes to acquire in-depth knowledge on worry management.

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	Venturing into World of Worrying In this module, participants start to understand the emotion of worry and the impact of worry in organisation productivity. The participants would start to learn how to compile and keep a worry diary as a start of worry management.
10.30am-11.00am	Break and Networking
11.00am-1.00pm	Dissecting Worry Emotion In this module, the participants would start to classify the type of worries. Then, participant would learn different problem-solving techniques
1.00pm-2.00pm	Lunch Break and Networking
2.00pm-3.30pm	Fundamental Techniques in Worry Management The participants would learn the breathing techniques during worry attack and the application of muscle relaxation techniques for worry management.
3.30pm-4.00pm	Break and Networking
4.00pm-5.00pm	Worry Management Methodology In this module, the participants would apply music therapy for worry management. In this method, the participant would apply simple meditation and self-compassionate practice for worry management.