



**PRACTICAL EDUCATION FOR
EXECUTIVES S.C.**

PRODUCTIVE STRESS HANDLING



*The personal success of men and women in an organization
contributes to the survival and success of the companies.*

What does the course consist of?

It has been found that in organizations, learning to handle stress may reduce the ratio of illnesses such as hypertension, heart problems, diabetes, ulcers, cancer and others. It also helps to develop the intellectual level within the organization.

The only way in which companies may keep their competitive advantage, in a world in which the amount of information is greater everyday and the speed at which decisions are made often impedes them from being taken by using the maximum of intelligence, is by developing the ability to handle stress and intelligence among personnel.

Course objectives

To learn how to handle stress in order to achieve the total development of brain abilities and interpersonal relationships.

Who is it directed to?

-  Businessmen
-  Boards of Directors
-  Managers
-  Supervisors
-  Employees

Results

- ✓ The individual will identify how he/she generates his/her own stress.
- ✓ The labor environment improves as the result of emotional intelligence interactions
- ✓ The maximum development of the individual's intelligence
- ✓ Improvement of the personnel's general health
- ✓ Improvement of labor relations
- ✓ Use of both brain hemispheres
- ✓ Improvement of the individual's family relationships
- ✓ The beginning of the concept of shared intelligence within the company

Program

1. Stress and its impact on our brain
2. Physicochemical basis of the emotions
3. Personal test for emotional control
4. Stress handling through: Diets, sleeping, exercise, relaxation and other habits
5. Self-induction at high relaxation and concentration levels
6. Brain gymnastics

Duration

- 8 hours

SINCERELY,

Lic. María Teresa Zavala Alarcón
General Director

Practical Education for Executives, S.C.	
Address in Metepec Av. Tecnológico 110 plaza Santa Teresa, C.P. 52140 Metepec, Mex. Tel 52 (722) 271 13 27 Fax 52 (722) 271 14 90	Address in Mexico City Corporativo Diamante Santa Fé Av. Vasco de Quiroga No. 3900 Piso 10 Col. Lomas de Santa Fé. C.P. 05300 Tel: 52 (55) 10 85 72 11 Fax: 52(55) 10 85 72 01
For more information please write to us at: info@languagefirst.com.mx	