

E-02-03, East Wing,
Subang Square Business Centre,
Jalan SS 15/4g, Ss 15,
47500 Subang Jaya, Selangor

phone no: 03-5621 3630

email: info@comfori.com

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**ACHIEVING LEADERSHIP
EXCELLENCE AND
STRESS HANDLING**

Achieving Leadership Excellence And Stress Handling

This training helps executives and supervisors to stay strong and competitive in the ever challenging work environments.. This course focuses on leadership and stress management for improving the efficiency and effectiveness of these valuable employees.

MODULE OUTLINE

- 1.THE IMPORTANCE
- 2.CREATING VISION
- 3.MAKING THINGS HAPPEN
- 4.ASSERTIVE BUT NOT AGGRESSIVE
- 5.LEADING A TEAM
- 6.CREATIVE PROBLEM SOLVING
- 7.LISTENING
- 8.MANAGING JOB AND WORPLACE STRESS
- 9.BALANCING YOUR LIFE
- 10.BE ORGANISED
- 12.WORKPLACE INTELLIGENCE TO MANAGE STRESS
- 13.SELF DEVELOPMENT

WHO SHOULD ATTEND

Executives and Supervisors
Level of understanding :
Intermediate