

# Stress Management

Sep 04 – 05, 2025	PIM, Karachi	Rs. 31,000/=
Dec 04 – 05, 2025	PIM, Lahore	Rs. 31,000/=
Sep 22 – 23, 2025	PIM, Islamabad	Rs. 31,000/=

**Note: The Fee is Exclusive of GST.**

## Course Description

In today's competitive working environment more and more people tend to suffer from stress. Stress is called the silent killer. When it is generalized and persistent it has serious psychological and physical impact on the individual. In today's competitive working environment more and more people tend to suffer from stress. Stress is called the silent killer. When it is generalized and persistent it has serious psychological and physical impact on the individual. We might be stressed and not know it, or at least refuse to acknowledge it. Stress comes at us from all sides and hits us in different ways. We have to learn to deal with it, eliminating it where possible and desirable, in other cases coping with it as best we can and even, on occasion, using it in a positive way.

## LEARNING OUTCOMES

- You will acquire a new set of responses to minimize stress in your life situations
- You will be able to evaluate thoughts, statements and actions on a regular basis, and turn potential problems or areas of negativity into opportunities.

## WHO MUST ATTEND?

This course is intended for managers at all levels who have to deal with stress on their jobs and for human resource managers who want to monitor and manage stress levels in their organizations.

## COURSE CONTENTS:

- What is stress
- Eustress
- Personality type
- Model of Stress
- Sources of stress
- Reactions to stress
- Stress management techniques at both organizational and personal levels.

**FOR DETAILS AND REGISTRATION**

**PIM, Karachi:** Management House, Shahra-e-Iran, Clifton, Karachi 75600

Voice Dir: (+9221) 9925 1718, 9925 1680, E-Mail: [program@pim.com.pk](mailto:program@pim.com.pk)

**PIM, Lahore:** Management House, 70-B/2, Gulberg III, Lahore 54600.

Voice Dir: (+9242) 9926 3137

Mobile: 0300-8840880, 0332-4353820 E-Mail: [pimlhe@pim.com.pk](mailto:pimlhe@pim.com.pk)

**PIM, Islamabad:** Plot No. 12-K, Sitara Market, Sector G-7 Markaz, Islamabad

Voice Dir: (+9251) 9252651 -2, E-Mail: [pimisb@pim.com.pk](mailto:pimisb@pim.com.pk)