



# **CERTIFIED STRESS MANAGEMENT & RESILIENCE CONSULTANT**

**Your portal to work life balance!**

Lifeskills Institute Pte Ltd is the Master Training & Certificate Centre (ASIA) and Master Distributor for PeopleKeys® System & DISC Training Resources in Asia.

Accredited by The Institute of Training and Occupational Learning (ITOL), the UK's elite professional body for trainers and learning development professionals.



# **CERTIFIED STRESS MANAGEMENT & RESILIENCE CONSULTANT (CSMRC)**

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## **EMPOWER LIVES, REDUCE STRESS, AND ENHANCE WELL-BEING WITH ITOL CERTIFICATION!**

As an ITOL Certified Stress Management & Resilience Consultant, you will help individuals reduce stress levels and enhance overall well-being, leading to improved productivity and performance in the workplace. This certification fosters enhanced self-awareness, helping individuals understand their personal strengths and values. Distinctively intertwining the DISC behavioural profile into stress management, this programme will give you highly directed vision of managing stress in your life based on your unique behavioural style.

This certification will equip and enable self-empowerment and provide powerful insights on building resilience, and promoting healthier well-being, and hands-on stress management skills. In addition, the tools will be provided for you to conduct seminars, talks and workshops on stress management.

# WHY CHOOSE CSMRC?

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- **Gain Practical, Evidence-Based Techniques:** Acquire a wide range of proven techniques and tools to effectively manage stress.
- **Become a Certified Professional:** This programme positions you to become a Certified Consultant in Stress Management & Resilience (CSMRC), a recognised professional qualification.
- **Empower Others and Organisations:** Learn to help individuals and organisations improve their well-being, productivity, and overall quality of life through effective stress management strategies.
- **Comprehensive Resources for Workshops:** Be equipped with resources to confidently conduct your own Stress Management workshops and seminars.
- **Internationally Recognised Accreditation:** The programme is accredited by The Institute of Training and Occupational Learning (ITOL), a prestigious UK professional body.
- **Address a Growing Need:** Equip yourself to tackle the rising levels of workplace stress ... and help people develop resilience in today's challenging world.
- **Holistic Approach:** The programme covers a wide spectrum of topics, from understanding the fundamentals of stress to implementing lifestyle changes and utilising personal strengths.



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**ITOL**  
INSTITUTE OF TRAINING &  
OCCUPATIONAL LEARNING

# YOUR KEY TAKEAWAYS

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- **Identifying the Sources of Stress:** Recognising various physical, mental, emotional, behavioural, social, economic, political, family, job, and interpersonal stressors.
- **Monitoring Your Stress:** Becoming aware of your personal stress signals (physical, mental, emotional, and behavioural) and triggers.
- **Utilising Tools for Stress Assessment:** Learning to use tools like the Holmes-Rahe Life Stress Inventory to understand the impact of life changes.
- **Managing Stress with Your Strengths:** Understanding your behavioural style (based on DISC) and how to leverage it for stress management.
- **Regulating Stress in Your Life:** Developing personal management skills such as goal setting, prioritisation, and investing yourself correctly.
- **Implementing Emotion-Focused Coping Skills:** Learning techniques like building resilience through strong relationships and using positive self-talk.
- **Changing Your Lifestyle for Stress Reduction:** Understanding the critical role of exercise, sleep, social connections, diet, laughter therapy, and energy management in managing stress.
- **The Importance of Values:** Identifying your core values and how they can boost your willpower and aid in stress management.
- **Applying the Three Ls:** Understanding how to Limit stressors, Listen to stress signals, and Learn effective coping mechanisms.
- **Understanding the Stress Quadrants:** Identifying different types of stressors based on their origin and intensity.
- **Recognising the Burnout Equation:** Understanding the factors that lead to burnout.
- **Developing Your Three Accountabilities:** Taking proactive steps to remove stress, prevent its recurrence, and build your ability to handle stress.

# WHAT YOU WILL GAIN

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- 90 minutes of post-certification Group Coaching to deepen your application of your learning and tools (valued at \$2000).
- Course Materials Include:
  - Certified Stress Management & Resilience Consultant Guide
  - Stress Management & Resilience Presentation Slides
  - Stress Management Toolkit (valued at \$300)
  - 5 PeopleKeys® DISC+ Online Assessments
  - 1 set of Values Cards©
  - Monitoring Your Stress Exercises Templates
  - Regulating Stress Exercises Templates
  - Change Your Lifestyle Exercises Templates
  - Energy Management Techniques Template
- **Enjoy special Members' price** for all PeopleKeys® Behavioral assessments
- **Access to a network** of like-minded professionals and **ongoing support** from our expert trainers
- And of course...your very own **internationally-recognised Certified Stress Management Consultant accredited certification** by The Institute of Training and Occupational Learning (ITOL), UK that will boost your confidence, credibility, and career prospects!



# PROGRAM PREPARATION & ASSIGNMENT

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- **Pre-Program Preparation**
  - Participants need to complete an online assessment prior to attending the training
- **Post-Program Assignment**
  - Attend two full days of training with our master accreditation trainer.
  - Pass the post programme assignment.

## PROGRAMME FEE

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- **Full Course Fee:** \$1,800 (+prevailing GST)

*The two-day CSMRC workshop provided valuable insights into psychology and stress management, Emphasising practical application. The stress equation and time management matrix helped in understanding and compartmentalising stressors. Prioritisation improved efficiency, while reflective exercises brought emotional clarity. The workshop was an enriching experience that fostered learning and self-awareness.*

— **Iain Hoo, Commander at Ministry of Defence, Singapore**

*The workshop highlighted the synergy between DISC profiling and values-based assessments, enabling better self-understanding. Simple philosophies made complex psychological concepts accessible. Tools like the 'Trauma, Obsession, Nuisance, and Noise' matrix aided stress categorisation. A key takeaway was the importance of empathy, rapport, and creating safe spaces in counselling.*

— **Jason Ho, Social worker at Singapore Cancer Society**

## Don't miss this opportunity!

Invest in your well-being and promote a greater sense of balance and job satisfaction by enrolling in the Certified Stress Management and Resilience Consultant Programme today. Become a certified stress management consultant and make emotional well-being a habit!

*Your journey to personal resilience and stress management skills begins here!*



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