



Health Net Afghanistan Organization (HNAO) announces a two-day training course on

STRESS MANAGEMENT

December 14– 15, 2020 / ۲۵-۲۴ قوس ۱۳۹۹

Kabul, Afghanistan

INTRODUCTION:

Stress is common and unavoidable in the workplace and daily life due to various reasons. Research shows that over 87% of employees worldwide are emotionally disconnected from their workplaces and less likely to be productive. If you do not address stress at the right time, it ultimately hurts the morale and profits of the organization. This training will help you to know about reaction of the body to stress, coping strategies, and accordingly choose the right stress management techniques in order to manage your stress, and actively contribute to a healthy workplace culture that is conducive to creativity and productivity.



COURSE CONTENTS:

Learning objectives:

At the end of training the participants will be able to:

- Understand what is stress
- Identify body reaction to stress
- Learn how to cope and manage daily stress
- Learn how to prepare self-care plan



Topics:

- What is your attitude about stress
- What is stress
- What are causes of stress
- Types of stress
- How body reacts to stress
- Coping strategies (positive and negative)
- Management of stress
- Breathing exercise
- Imagination exercise
- Balloon exercise
- Relaxation exercise
- Self-care plan



COURSE FACILITATOR/TRAINER:

The Stress Management course will be facilitated by qualified and experienced psychiatrists and psychosocial counseling master trainers.

PARTICIPANTS:

This training is design for the management and administrative staff of UN agencies, multilateral and bilateral organizations, INGOs, NNGOs, embassies, government entities, and private sectors. The number of participants will be restricted to 20.



METHODOLOGY:

The methodology used in the training will be interactive, experiential and participatory, and will involve a combination of lectures, discussions, group exercises with more emphasize on practical activities and exercises. The training will enhance the participants' knowledge and will provide them with opportunities to develop hands on skills. The training will be offered through the following approaches:

- Interactive lectures/presentations
- Video clips
- Discussions
- Group work and exercises
- Role plays
- Practical work



MEDIUM OF INSTRUCTION:

Dari and Pashtu will be the medium of instruction for this training

VENUE:

Health Net Afghanistan Organization Office. House No 144, Main Street 5, Selo road, Dehnaw Dehbori, District 3, Kabul, Afghanistan.

The classroom is properly set up and ensures adequate space for the comfortable seating of participants and their group work. COVID-19 precautionary measures are strictly considered. Adequate spacing between participants, face masks, hand washing facilities, and hand sanitizers are made available. Adequate ventilation and proper temperature setting are arranged to ensure participants' comfort. The classroom has easy access to separate lavatories for females and males. Further, training materials (handouts, stationary, white board, flip charts, board markers, and flash cards), LCD screen, and multimedia projectors are available for classroom and group work sessions.

TIME:

09:00 am - 03:30 pm (daily)

TRAINING FEE:

Your investment for the training is AFN 5,000 which covers training, training material, stationery, trainers' fee, lunch and refreshment during the training days. Please note that the investment does not cover the cost of living (hotel accommodation) in Kabul. The payment can be done through bank transfer, cheque, and direct cash payment to Health Net Afghanistan office.

REGISTRATION INFORMATION:

We look forward to your participation in this training course. To enroll, please complete and send the attached application form to Health Net Afghanistan in Dehnaw Dehbori, District 3, Kabul-Afghanistan or online to trainings.hnao@gmail.com by or before December 13, 2020 so that seats can be reserved for your candidates. Please use a separate registration form for each nominee; the application will be registered on a first come, first serve basis.

CONTACT INFORMATION:

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