

About CRISP

CRISP is established under Indo- German Cooperation agreement as an autonomous organisation of the Dept. of Technical Education and Skill Development, Govt. of M.P.

CRISP provides technical training and consultancy services for Industry Personnel, Government Officers, Faculties of academic and teaching institutions, Students and Jobseekers. CRISP is equipped with the state-of-the-art equipment and technology, latest software, qualified, trained and experienced trainers in the relevant fields. CRISP has its head office in Bhopal, MP.

Other training programmes in Behavioural Science offered at CRISP are:

- Achieving excellence
- Enhancing positive attitude
- Communication and Presentation Skills
- Managerial effectiveness
- Motivating towards excellence
- Team building
- Managing self and motivation
- Leadership development programme
- Managing emotional intelligence
- Excellence through multiple intelligence
- Training of Trainers
- Faculty development programs



Patron Clients of CRISP

Our National & International Clientele



Contact :

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STRESS AND CONFLICT MANAGEMENT (31 Oct-4 Nov 2022)



...unleashing the full potential of men & machines

STRESS AND CONFLICT MANAGEMENT



Introduction of Course

Stress is an inevitable factor of modern era. The right approach would be to understand stress by an analytical examination of what constitutes it, how the environment contributes to it, how stress affects our body, mind and spirit and what steps can be taken to contain stress within manageable proportions so that it has no deleterious, effect on us. This is the sum and substance of management of stress.

Well-managed conflict becomes the key to effective communication in high-performing teams. When people understand how to manage conflict, team members are not afraid to disagree with one another, challenge and question each other, all in the spirit of finding the best answer and making great decisions.

Through this workshop, participants will be able to use stress & conflict management not only for their profession but also for self-improvement.

Course Contents

- Causes & symptoms of stress
- Psychological techniques of stress management
- Self-Hypnosis & Self-Healing by Imagery.
- Reason & management of conflicts
- Fundamental of interpersonal relationship
- Transactional analysis & Ego status

Methodology

The programme consists of a mix of

- Psychometric assessment & management games
- Interactive sessions with professional inputs
- Group discussions and experience sharing
- Individual and group presentations
- Structured exercises, simulation exercises and role play
- Demonstration and probing techniques and Case studies

Pre-requisite

- Professionals from all sectors.
- Individuals above 18 years of age.

Duration

Full time: 31Oct-4 Nov 2022

(2PM-5.30 PM)

i.e. 5 half days (3.5 hours/day)

Course Fee

Non-residential: Rs. 6,000/- per participant
(*GST as applicable)

Mode of Payment

Online/ Cheque/ DD/ cash in favor of CRISP Society, payable at Bhopal.