



The TAO Of Stress Management

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TAO
“The way”
walking
the path of
wisdom,
combining
theory and
practice.

An Integrated Approach to Stress Management for Modern Times

The most valuable asset of any company is its Human Resource. Unfortunately, **unmanaged Stress** has resulted to **Human Resource Depreciation** costing organizations all over the world billions in loss productivity every year.

The TAO of Stress Management is a modular seminar that imparts methods and techniques on how to keep our Human Resource from suffering from Depreciation due to poorly managed Stress. Through this seminar, we aim:

1. To educate participants about Stress and its positive and negative effects on an individual's body, mind, and overall quality of work, family, and personal life.
2. To impart practical techniques and methods that can help participants **alleviate their stress anywhere, anytime.**
3. To **RELAX** the mind and the body!!!

To do this, we employ proven principles and techniques from both **Western and Eastern perspectives.**

Stress Management is a function of Mind, Body, Environment and Spirit. Our **flexible curriculum** is designed to engage all of these to ensure an integrated approach to Stress Management. Our complete syllabus consists of a core curriculum of 6 modules and a selection of electives that cater to specific needs of organizations. Electives are available depending on developmental requirements and the duration of the course.

Learning is better facilitated through **immediate application of concepts and methods.** We require active participation in group and individual work to fully embody the learnings from the course. Exercises and group work are the primary methods of teaching. Lectures and other audiovisual presentations supplement these activities.

GREEN LIGHTWORKS CORE CURRICULUM



TAO of Breath -- Studies have shown that altering our method and patterns of breathing has significant effects on our bodies. Through breath, we can lower heart rates, increase oxygen intake to our lungs' full capacity, redirect oxygen to specific parts of the body, decrease stress and its symptoms, and raise energy levels of individuals. The Tao of Breath is the foundation of The Tao of Stress Management. It includes:

- ✓ Importance of proper breathing
- ✓ Easy breathing techniques for the workplace
- ✓ Facts and figures on air quality management and its effect on the overall productivity of individuals



TAO of Mind & Body -- This module builds on one simple statement: *When the mind is stressed, the body will react.* Eastern philosophy and the emerging mind-body principles in the West have long considered the body as a reflection of a person's mental and emotional states. The Tao of Mind and Body includes the following:

- ✓ A review of Mind-body principles
- ✓ Body scan and self-assessment of stressed body parts
- ✓ Simple techniques to de-stress the body in the workplace



TAO of Qi -- Qi or "Chi" is the Chinese word for energy or life force. When the body is stressed, the chi of a person gets congested. Eastern philosophy and Oriental Medicine attributes illnesses to congested chi. Qi Gong is a series of body movements meant to help influence the natural flow of chi in the body. The Tao of Qi includes:

- ✓ Chi Gong for relaxation, energizing and good health.
- ✓ 5-minute office Qi Gong



TAO of Movement -- A body that moves effortlessly is a sign of well-managed stress. Moving the body through exercise is a proven means of reducing stress and managing its long-term effects on the body. The Tao of Movement features the following:

- ✓ Tips on designing an exercise program for our individual lifestyles
- ✓ Keeping our bodies active in the workplace
- ✓ Proper posture for reducing stress



TAO of Meditation -- By definition, meditation refers to a family of practices that train attention in order to bring mental processes under greater voluntary control, and cultivate specific mental qualities such as awareness, insight, and concentration. It aims for development of optimal states of consciousness and psychological well-being. Meditation promotes relaxation and calm, which consequently raises creativity, efficiency, and productivity. The Tao of Meditation includes:

- ✓ Simple meditation techniques
- ✓ Meditation in the Workplace
- ✓ 5-minute Meditation

GREEN LIGHTWORKS ELECTIVES



TAO of Vision -- Good eyesight is one of our best assets in the workplace. Whether in the factory or in front of our computers, our eyes have to battle with different causes of strain. The Tao of Vision is based on the principle that stress – physical and mental– is one of the main causes of poor eyesight. Based on the Bates Method of normalizing eyesight without glasses, The Tao of Vision introduces the following:

- ✓ Holistic principles about eyesight.
- ✓ Techniques to relax the eyes
- ✓ Exercises to energize the eyes



TAO of Stress Free Eating - Stress affects our eating habits and our eating habits affects our resiliency to stress. The Tao of Stress Free Eating features:

- ✓ Emerging Principles in Nutrition
- ✓ Stress-reducing Diet
- ✓ New Techniques in Eating



TAO of Space - The physical work environment can promote either a relaxed or stressful atmosphere in the work place. The Tao of Space includes:

- ✓ Beyond “5S”— Clutter Clearing for the workspace.
- ✓ Freestyle Feng Shui - Using intuition and personal taste for good vibes.
- ✓ Basic ergonomics



TAO of Touch – Massage is one of the simplest and most effective ways of immediately reducing physical stress. The TAO of Touch teaches the following self- massage techniques that can be done in the workplace:

- ✓ Basic Acupressure
- ✓ Basic Hand Reflexology

GREEN LIGHTWORKS FACILITATORS

DAVID MONTECILLO

Credentials:

1. BS Degree in commerce and an MBA from De La Salle University, Philippines.
2. Background in Creative Advertising, Marketing Consultation, & Banking.
3. Over 13 years experience in meditation, Qi-Gong healing and other Asian techniques as trained by noted Eastern Practitioners.
4. Affiliated with INA Foundation at the Ateneo de Manila as seminar co-facilitator for stress management, grief & loss seminars and team building.
5. Affiliated with the International Sheng Zhen Society as Chi Gong Instructor.
(www.shengzhen.org)

DONA TUMACDER

Credentials:

1. BS Degree in Business Administration, Magna Cum Laude from the University of the Philippines
2. Board Member of 2 corporations for distribution of consumer goods
3. Background in Human Resource Management and Transpersonal Psychology
4. Over 3 years experience in meditation, specifically different forms of movement meditation and soft belly yoga
5. Over 3 years experience in the field of Performance Art with focus on Dance
6. Founder of an upcoming movement called Dance for Integrated Wellness and Arts or DIWA

SEMINAR REQUIREMENTS:

Number of Participants

We require a maximum of 30 people per seminar. This is to ensure that each participant can receive enough personalized attention to learn the techniques.

Venue

Because of the group and individual exercises, the ideal venue for this seminar is a spacious training or conference room that can fit at least 25 people. Natural light is recommended. We also need provision to set up power point presentations to enhance our activities.

Rates

Rates vary on specific needs of the organization. Packages are available for two days, one day and half day depending on the number of modules and training needs. To get a fair and customized rate please email us for a request with a brief background on your company.

Contactus@glwasia.com

Come flow with the TAO