

MANAGING STRESS WITH COLOUR THERAPY

COURSE DURATION: 2 DAYS

Stress is unavoidable as it comes and goes throughout our journey of life. The stress response is the body's way of protecting us. When working properly, it helps us to stay focus, energetic, and alert. But beyond a certain point, stress stops being helpful and starts causing major damage to our health, mood, productivity, relationships, and quality of life.

It's important to learn how to **recognize when our stress levels are out of control**. If taken lightly, stress can lead to serious depression if left untreated for a longer period of time.

HOW CAN YOU BENEFIT FROM THE WORKSHOP?

- ✓ Find out what causes stress
- ✓ What triggers stress and how to identify them fast
- ✓ Learn how to de-stress using colour therapy through the 7 senses
- ✓ Setting life goals with colours
- ✓ Why we are attracted or repel to certain colours
- ✓ Effective communication with different colour personalities

COURSE OUTLINE

DAY 1

Upon completion of the program, the participants will be able to:

- ✓ Define stress, including its positive and negative aspects
- ✓ Identify different sources of stress in their lives
- ✓ Find out their current stress level
- ✓ Handle workplaces stress tactically by using colour therapy
- ✓ Discover their identity colour or personal "Life Color" and its characteristic
- ✓ Setting life goal with colour

Module 1—What is Stress

- Definitions of stress
- Discussion of positive and negative aspects of stress
- What causes stress
- How do we react to stress—symptoms
- What is your stress level

Module 2—Colour Psychology

- Effect of colours on us
- Top issues in relation to your current colour application
- Definitions of colour personalities
- Life colour and calculation
- Setting goals with colours



WHO SHOULD ATTEND?

All Staff Levels

COURSE DURATION

2 Days

LANGUAGE

English

Module 3—what is Colour Therapy

- Introduction of Colour Therapy
- Chakra system
- Blockages and out of sync negative qualities
- Diagnosing colour imbalance

Module 4—Managing Stress via Seven Senses

- Tuning the sense of hearing
- Tuning the sense of taste
- Tuning the sense of touch
- Tuning the sense of sight
- Tuning the sense of smell
- Tuning the sense of equilibrium
- Tuning the sense of intuition

DAY 2

Upon completion of the program, the participants will be able to:

- ✓ Define Beliefs and Values
- ✓ Understand the formation of Beliefs and Values
- ✓ Discover different needs of the team members

Module 5—The Attitude Model

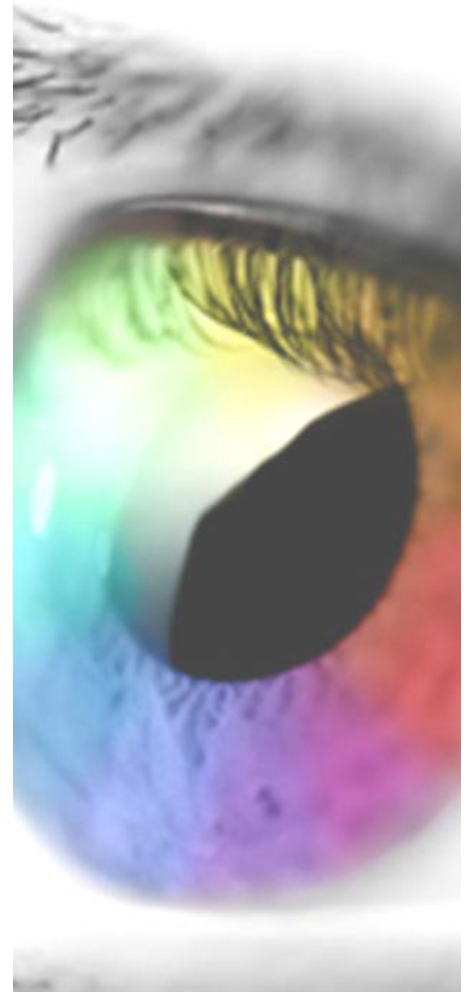
- Attitudes and Behaviours
- Measuring current attitudes
- Beliefs VS Values

Module 6—Discovering and Understanding the Big Picture

- Discovering your passion and personal needs
- Knowing your employees or team members' needs
- Understanding the company's vision and culture

Module 7—Commitment and Attitude Change

- Changing existing beliefs and values
- Creating new initiatives for team and personal needs and aspirations
- The strategy of brainstorming



TRAINING METHODOLOGY

This is a highly interactive training programme, whereby participants are to gain the learning points through experiential activities.



TRAINER'S PROFILE

EVELYN LEONG CHIA WAI

ACADEMIC QUALIFICATIONS

- ✓ Colour Therapist, S.N.H.S (UK)
- ✓ Master in Business Administration, Nottingham Trent University, United Kingdom

MEDIA APPEARANCE

- NTV7
- TV3
- ASTRO
- Malaysia Hari Ini
- The Star
- New Straits Times
- Sin Chew Daily
- Citta Bella
- Orange Daily
- New Life POst
- Utusan Malaysia
- Berita Harian
- CNN
- Herald Sun
- BFM89.9

MAIN COURSE PROTOCOL

- ✓ Stress Management With Colour Therapy

Evelyn Leong is a certified colour therapist. She attained her Diploma in Colour Therapy from The School of Natural Health Sciences (UK). She is also a graduate of Master in Business Administration from the University of Nottingham Trent (UK).

As the author of 'COLOURZWORK For You', She has researched intensively about colour personality, colour psychology and colour therapy for both individual as well as within corporate environment. Discovering the natural skill and intuition to associate feelings and surrounding phenomena with colours, she is passionate about working with people and helping them into discovering their own colour personality and how they can enhance their career, family, relationship, financial and communication skills by the discovery of their Life Colours.

Prior to her involvement in colour therapy field, the facilitator has wide working experience throughout her 18 years of working career in diverse background of business development, sales, marketing, operational management, service delivery, project management, coaching and executive management. She has exposure from manufacturing plant (Southern Steel Bhd), multinational company (Hilti) to retail brand set up (Kenko Spa and PartyMooMoo). She has spearheaded the project for setting up the First Fish Spa in Malaysia and expansion of Kenko Holdings from Singapore to the Malaysia market with four(4) outlets in Kuala Lumpur and Penang within a year.

EXPERTISE IN

● Process Management

Identifying improvement areas in Customer Service, Logistics and After Market Service, and implementing measures to maximize customer service level. Conducting internal process audits for strict adherence and setting up SOP and SLA (Service Level Agreement)

● Customer Relationship Management

Setting out quality standards for various operational areas, ensuring a high quality customer experience while adhering to the SLA's and work processes.

● Team Management

Managing of people, and performing functions of manpower planning, recruitment and selection, performance appraisal, training, mentoring and monitoring team performance.