



**BSSS**  
**INSTITUTE**  
of Advanced  
Studies

## BSSS Institute of Advanced Studies

(Approved by AICTE, MoE, Govt. of India & Affiliated to Barkatullah University)

### Management Development Programme On

# “Enhancing stress resilience through emotional intelligence skills”

**Date: 18<sup>th</sup>-19<sup>th</sup> July 2025**



### About BSSS IAS

The BSSS Institute of Advanced Studies (BSSS IAS), an AICTE-approved institution, is engaged in education, research, training, and consultancy activities in the areas of management, sustainable development, rural development, social sciences, etc. It strives to provide a comprehensive platform for growth and empower individuals to thrive in their respective fields. It is one of the best Professional Management Institutions engaged in multidisciplinary activities and has collaborated with Assumption University, Thailand, and Synergy University, Russia, for joint research, training, and management education. The Institute envisions emerging as a top Professional Management Institution in Central India by playing a pivotal role in professional management education in the coming years and adorning a path with an undivided focus on quality education and excellence, thereby placing itself as an institution of national and international importance. Its excellent infrastructure provides an environment conducive to academic activities, professional deliberations, and social interactions. BSSS IAS has a strong portfolio of multidisciplinary faculties, experience in national and international consultations and the best training Institute in Central India.

### Rationale of the Program:

In today's competitive business landscape, the significance of emotional intelligence and stress management cannot be overstated. Step into the world of empowerment, through our cutting-edge Management Development Programme on Emotional Intelligence and Stress Management. This MDP aims to equip participants with essential skills to navigate emotions, handle stress, and enhance workplace effectiveness. Throughout the program, participants will gain insights into stress coping mechanisms, social interaction management, and the cultivation of emotional resilience. By fostering a growth mindset, attendees will be better equipped to tackle challenges and make informed decisions. Join this transformative journey as the programme empowers individuals to thrive under pressure, foster positive team dynamics, and elevate organizational success. Together, let's build a workforce equipped with the tools to succeed in a rapidly evolving business world. This MDP is an exclusive gateway to mastering this essential skill, enabling participants to navigate emotions, build meaningful relationships, and enhance workplace effectiveness like never before.

### Programme Objectives:

1. Provide an understanding of the dynamics of emotional intelligence.
2. Examine the tools and skills necessary to increase and expand EQ for greater success.
3. Examine the psycho-philosophical underpinnings of Stress and its Management.
4. Provide exposure to relevant psychological processes for effective Stress Management.
5. Enhance your quality of life and increase your workplace effectiveness.
6. Develop a sense of calm and resilience.

### Who Should Participate:

Corporate Executives, NGO personnel, Government officers, Consultants.

### Programme Components:

1. Introduction to Emotional Intelligence and Stress Management
2. Enhancing Self-Awareness for Stress Reduction
3. Building Self-Regulation Techniques

4. Stress Coping Strategies in Daily Life
5. Empathy and Interpersonal Skills for Stress Reduction
6. Emotional Intelligence in Team Management
7. Integrating Emotional Intelligence for Stress Management
8. Emotional Intelligence for Conflict Management
9. Mindful Decision-Making and Problem-Solving
10. Cultivating Emotional Resilience

### Registration Fees

Non-residential	₹5000/-
Residential Double Occupancy	₹8000/-
Residential Single Occupancy	₹10,000/-

- Registration fee includes the study material, practice handouts, working lunch, and hi – tea.
- Certificate will be issued to participants who have attended the complete Programme.



**Duration – 2 days**

### Programme Coordinators:

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**For further details, please contact:**  
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