

STRESS MANAGEMENT SEMINAR: ITS IMPORTANCE TO THE WORKPLACE

Workplace stress is on the rise and it's costing each and everyone globally a fortune. Some estimate that 80% of health care costs are stress related and these expenses go right to the bottom line and that is stress.

The need for stress management seminar: Recently, researchers from abroad examined data that shows self-reported stress is associated with increased mortality in the next 20 years that stress is in fact statistically associated with a higher risk of death from various causes. And so by means of stress management seminar the stress related problems within a workplace will be lessened. What is scary now is that stress affects family relationships and careers. Seminars being conducted not only in the Philippines but around the world help empower the full potentials of women in every aspect of their chosen careers.



Ms Navie Veloria M.A. speaks before the women of CEISSAFP during the Stress Management Seminar

Presently, Military Institutions and Units in our country as a support to the stress related seminars being conducted globally has also implemented several stress management seminars in their own Units.

Just recently, CEISSAFP conducted a stress management seminar. It was a concept by the Commander, COL RICARDO B BUTALID JR (MNSA) PA. As a family man, Commander, CEISSAFP understands how important for his personnel particularly the women to undergo such seminar/training.

"Self Image and its Relationship to Family and Work" was held at CEISSAFP Social Hall last 23 June 2008 participated by fifty six (56) participants coming from different offices include Lady Officers, Enlisted Women and civilian employees from CEISSAFP. The guest lecturers/speakers are Ms Navie Delos Reyes-Veloria, M.A. and Ms Lilian Ng Gui, M.A.. Ms Navie Veloria is a psychotherapist and a life coach for the Armed Forces while Ms Gui specializes on Trauma and abuse cases of women and children.



Ms Navie Veloria M.A. conducts lectures on Stress at Work as the participants listens intently.

The seminar focuses on the greatness and fullness of life in ordinary circumstances. It means dealing with things that makes a man most human: practical reason/ ability to know and the capacity to decide/ ability to make choices. It is uniting one's mind, body and spirit into a coherent whole. The ultimate goal is to help everyone live a great life whether as a student, as a parent, or as a professional: one that's filled with virtues, which is to say, a meaningful and fulfilling life. It is about life, relationship, marriage and family, participants' dignity and maximizing the human potential.

“Success in ones career doesn't necessarily mean great fame and big money. Real success in work and life means several things: first, being able to support yourself and your family comfortably; secondly, waking up in the morning and looking forward to the day's work; thirdly, earning the respect of everyone who knows you; fourth, seeing your powers and skills work toward the betterment of others and lastly, enjoying leisure pursuits thoroughly because you've earned them.”

Ms Navie Veloria M.A