



المؤتمر السنوي القوة الكامنة إدارة ضغوطات العمل لتحسين الأداء الوظيفي

The Annual Conference

The Power Within Stress Management at Work for Better Employee Performance

28 January 2015
The Ritz Carlton Hotel
Kingdom of Bahrain

Expert & Keynote Presenter
Sri. Shuddhaananda Ji

Speakers



Ms. Eman
Al-Mousawi



Ms. Fawzia
Al Sindi



Dr. Mohammed
Saleh Abdullatif



Ms. Fatima
Al Mansoori



Dr. Manoj
Kumar



Mr. Ahmed
Al-Banna

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مركز البحرين الريكي
Bahrain Reiki Center



Omank
Consulting



رابطة أطباء الصحة المهنية البحرينية
Bahrain Occupational Health Association

“Mindfulness can give you heaven right on earth. You don't have to wait for a future day to see what happens, the very act of being mindful helps you anchor to your Reality within, as a result two things leave you along with past and future, they are anger and fear. It is this anger and fear that steal the sacredness of life, and when you are in the contemplation of the Divine within, the Light protects you, dispelling all darkness of the negative emotions. Wake up to your Divine Potential!!”

- Sri. Shuddhaanandaa

The Annual Conference

The Power Within Stress Management at Work *for Better Employee Performance*

About Conference

Why this conference?

The negative effects of stress have considerable damage on the learning, work environment, work performance and wellbeing of an employee. The loss of productivity due to stress alone runs into hundreds of billions of dollars across the world.

Active research is going on to understand and establish stress dynamics and prudent management interventions. Since stress has proven impact on productivity, it is no more an individual concern, there is a dire need to address stress subject by the organizations comprehensively and professionally. Stress management interventions will ensure safety, wellbeing and performance of workforce.

Against the above backdrop, Origin Group and Bahrain Occupational Health Association jointly proposed to organize a one - day Annual Conference in Stress Management (The Power Within) on 28th January 2015 at The Ritz Carlton Hotel - Bahrain. The overall theme of the conference is "Stress Management at Work for Better Employee Performance".

Who can participate?

The conference invites all levels of employee in both, private and public sector, including CEOs, managers directors, officers and executives, faculty members, researchers, human resource professionals, healthcare professionals, business and organizational representatives, industry representatives, general public administrators, front liners, call center employees, sales, secretary, university students and individuals.

Participation Fees:

BD 380 per delegate

Corporate rate available

Levy Claimable



Delegates will be entitled to:

- Full conference material.
- Lunch and refreshments.
- A certificate of attendance signed by presenters.
- Free copy of the latest keynote presenter's book.

How to register?



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Conference Programme

Time	Programme
07.30-09.00	 <i>Registration & Networking over Tea & Coffee</i>
09.00-10.00	 Official Opening * Patron Speech H.E. Dr Abdulhussain Bin Ali Mirza Minister of Energy, Kingdom of Bahrain * Presentation – Mr. Ahmed Albanna <i>“Best Practices - Global Scope”</i> * Short Session – Sri. Shuddhananda Ji <i>“Stress Management - Global Scope”</i> * Exercises – Ms. Fatima Al Mansoori <i>“Breathing for Better life”</i>
	 Awards Recognition
10.00-10.15	 <i>Refreshment Break</i>
10.15-11.30	 Main Seminar Mindfulness for Corporate Excellence (MCE) Speaker: Sri. Shuddhaanandaa Ji
11.30-12.00	 <i>Prayer Time / Tea Break</i>
12.00-13.30	 Concurrence Workshops Workshop 1- Mindfulness for Positive Parenting Facilitator: Sri. Shuddhananda Ji - India <i>Language: English</i> Workshop 2- Cognitive Behavioural Therapy (CBT) Facilitator: Ms. Eman Al Mousawi - Kuwait <i>Language: Arabic</i> Workshop 3- Reiki Facilitator: Ms. Fawzia Al Sindi - Bahrain <i>Language: English</i>
13.30-13.45	 <i>Short Break</i>
13.45-14.45	 Panel Forum Life Coaching: Stress Management Chaired by - Dr. Mohammed Saleh Abdullatif • Sri. Shuddhananada Ji • Ms. Fawzia Al Sindi • Ms. Eman Al-Mousawi • Ms. Fatima Al-Mansoori • Dr. Manoj Kumar • Mr. Ahmed Albanna
14:45-15:00	 Final Recommendations and the way forward
15.00	 <i>Lunch / Closing of the Conference</i>

Expert & Keynote Speaker



Statistics show that

82% of the employees are facing serious work stress which affects their performance and productivity.

Sri. Shuddhaananda Ji

"When you are connected with the spirit within, anger and hatred will flee as the darkness flees with the rising of the sun!"

About Key Presenter:

Shuddhaananda has inspired hundreds of thousands of people globally through his workshops, which are popular with youth, the corporate sector and those who are interested in deepening their spiritual life, whatever their tradition and belief.

He was the keynote speaker at the Global Youth Conference, Washington D.C. in 2000. He presented at the International Conference on Spiritual Paradigm for Surmounting Global Management Crisis in Varanasi in 2012 and 2013.

He has authored several books, including *"Making Your Mind Your Best Friend"*, *"Cleaning the Mirror of Mind"*, *"Clutter Free Home"*, *"Clutter Free Mind"* and so forth. To be in his presence is to be in true joy of the spirit.

نبذة مختصرة عن المتحدث:

"شوداناندا" استطاع أن يلهم آلاف المئات من الناس من خلال ورش العمل التي يقدمها عالميا، لاسيما تلك المتعلقة بالشباب العاملين في قطاع الشركات الخاصة والقطاع الحكومي والمهتمين بالحياة الروحية أيا كانت معتقداتهم أو تقاليدهم.

وهو المتحدث الرئيسي في مؤتمر "الشباب العالمي" الذي عقد في واشنطن عام 2000، كما كان متحدثا أيضا في المؤتمر الدولي حول "النموذج الروحاني لتجاوز أزمة الإدارة العالمية" في مدينة "فارناسي" بالهند (2012، 2013).

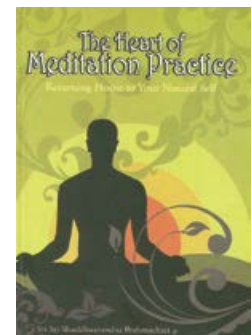
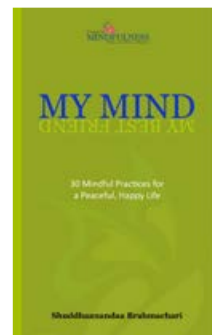
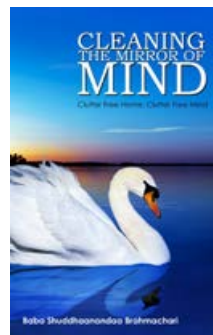
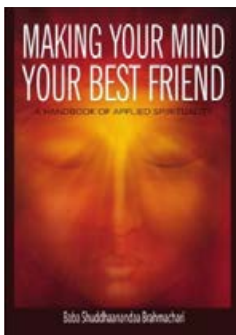
و يُعدُّ "شوداناندا" واحداً من أهم المؤلفين المختصين حيث قام بتأليف مجموعة من الكتب، أهمها؛ "جعل عقلك أفضل أصدقاؤك"، "تنظيف مرآة العقل"، "منزل بلا فوضى"، "عقل بلا فوضى".

أن تكون متواجداً في حضوره يعني أن تبدأ حياة مختلفة لتكون في سعادة روحانية حقيقية.



Best Selling Books

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Harness your innate Mind Power

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for Corporates and Individuals



Main Seminar

اليقظة للتميز الوظيفي Mindfulness For Corporate Excellence-MCE



MINDFULNESS IS THE NEW PARADIGM FOR Corporate Excellence

Our Mindfulness for Corporate Excellence (MCE) Program stands primarily on the three key practices of Meditation, Stress Reduction, Mind Power. These three practices help the participants awaken their latent potential and achieve personal and corporate success while keeping in view the importance of making positive contributions to the environment and welfare of humanity. This is mindfulness for compassion in action!

Upon Completing:

- You will learn to pause, relax, pay full attention to the task at hand and always carry yourself in a high level of self-confidence.
- You will be able to transform failure and stress related issues into opportunities for growth and vitality.
- You will grow in mindfulness and apply it in work and personal life to gain the highest advantage of perfect balance.
- You will be able to do your multi-tasking with more attention and focus, adding value to your work!
- You will be able to assume responsibility of your thoughts and emotions and use them as tools for achieving the coveted goals in every facet of life.

تنبيه الذهن هو النموذج الجديد للتميز الوظيفي

يقف التميز الوظيفي من خلال برنامج "الذهن الواعي" في المقام الأول على ثلاث ممارسات رئيسية وهي: التأمل، الحد من الإجهاد، وتقوية العقل. هذه الممارسات الثلاث تساعد المشاركين على اكتشاف قدراتهم الكامنة لتحقيق النجاح على الصعيد الشخصي والوظيفي واضعين نصب أعينهم أهمية تقديم مساهمات إيجابية لرفع الإنتاجية في العمل والحياة العامة.

سيتمكن المشاركون من:

- تعلم مهارة الاسترخاء وإيلاء الاهتمام الكامل لأي مهمة في متناول اليد والتخلي الدائم بالثقة العالية بالنفس.
- القدرة على تحويل الفشل والقضايا المتعلقة بالإجهاد إلى فرص للنجاح والنهوض بالذات.
- تنمية الذهن وتطبيقه في العمل والحياة الشخصية للحصول على أعلى استفادة من التوازن المثالي.
- القدرة على القيام بالمهام الخاصة المتعددة مع مزيد من الاهتمام وإضافة قيمة للعمل.
- القدرة على استخلاص المسؤولية من الأفكار والعواطف واستخدامها كأدوات لتحقيق الأهداف.

Workshop 1

اليقظة للرعاية الأبوية الإيجابية Mindfulness For Positive Parenting-MPP

MINDFULNESS IS THE NEW PARADIGM FOR PARENTING SUCCESS

Our Mindfulness for Positive Parenting (MPP) Program stands primarily on the three key practices of Meditation, Stress Reduction and Mind Power. These three practices help parents awaken their latent potential and achieve personal and parenting success, becoming parents with presence who face the challenge of nurturing the seed of infinite possibilities in their children without causing stress to themselves or to their children.

Upon Completing:

- You will grow in mindfulness and life will flow moment to moment with least stress!
- You will appreciate mindfulness as a daily priority!
- You will be able to do your multi-tasking with more attention and focus, adding more relaxed and quality time with your children!
- You will have abundance of energy and focus to handle challenges both with parenting and in your work or personal life!

تنبيه الذهن هو النموذج الجديد لتربية الطفل بنجاح

تقف الرعاية الأبوية الإيجابية من خلال برنامج "الذهن الواعي" في المقام الأول، حيث يتم تطبيقها عبر ثلاث ممارسات رئيسية وهي التأمل، الحد من الإجهاد وتقوية العقل. هذه الممارسات تساعد الآباء على إيقاظ إمكانياتهم الكامنة وتحقيق النجاح على المستوى الشخصي وعلى مستوى الأيوة والأمومة، فلطالما كان غرس بذرة في بيئة كثيرة التحديات مضمناً، وهذا تماماً ما يعاني منه الوالدان عند تربيتهم لأبنائهم.

سيتمكن المشاركون من:

- تنمية ذهنك وتسهيل استمرارية دفع حياتك لحظة بلحظة مع جهد أقل.
- جعل الذهن أولوية يومية وتوظيفه في الحياة على أكمل وجه.
- القدرة على القيام بمهامك الخاصة المتعددة مع مزيد من الاهتمام والتركيز، مع إضافة الإسترخاء وخلق الوقت الأمثل مع أبنائك.
- توفير الطاقة والقدرة على التركيز للتعامل مع التحديات سواء على صعيد الأمومة والأبوة أو على الصعيد الشخصي.

Workshop 2

العلاج السلوكي المعرفي Cognitive Behavioural Therapy (CBT)

Psychotherapy used to treat mental illnesses, such as depression, anxiety, irritable bipolar and other mental cases. CBT is used to help the patient to recognize and interpret the negativity in order to be more positive and realistic person.

The main symptoms of depression disease is negativity, self-criticism, denying personal capabilities and denying the possibility of, and here comes the main purpose of this type of treatment, the patient is treated in private or group sessions and convinced that what he feels are just symptoms of a disease that is not different than any other diseases.

أحد طرق العلاج النفسي الذي يستعمل في الكثير من الأمراض النفسية مثل الكآبة، القلق، تعكر المزاج الثنائي القطب وحالات نفسية أخرى ويستند العلاج على مساعدة المريض في إدراك وتفسير طريقة تفكيره السلبية بهدف تغييرها إلى أفكار أو قناعات ايجابية أكثر واقعية.

أحد أهم اعراض مرض الكآبة هو التفكير السلبي ونقد الذات وعدم الأيمان بالقدرات الشخصية وعدم الأيمان باحتمالية التحسن والشعور بان وجود الشخص أو عدمه لن يغير من الأمور شيئاً وهنا تكمن الفكرة الأساسية في هذا النوع من العلاج حيث يتم بصورة تدريجية على هيئة جلسات تكون فردية أحياناً وجماعية في أحيان أخرى باقتناع المريض ان مايشعر به من احباط وسوداوية ماهو إلى اعراض لمرض لا يختلف عن اي مرض اخر.

Speaker



MS. EMAN AL-MOUSAWI

Partner & CEO - EMARK Consulting & Training, Kuwait

A professional Consultant, Trainer and regular Speaker in regional gathering in areas of Entrepreneurship & New Business Venture, iMA Leadership Styles, Small Businesses Development, Change Management, Personal Development using CBT and Business Counseling. An adaptable, conscientious, enthusiastic, and self-motivated entrepreneur with exposure to a wide range of areas, possessing excellent planning, analysis, and communication skills combined with the ability to relate well to people at all levels.

Eman has contributed to various projects, workshops, conferences to improve the standing of entrepreneurship development in Kuwait and the GCC region. Her main areas of expertise include: business planning & management, business counseling, small business growth, leadership, Personal Development and entrepreneurship.

Workshop 3

العلاج بالطاقة REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki works in conjunction with the meridian energy lines and chakras through the use of the hand-positions, which normally correspond to the seven major chakras on the body. These hand-positions are used both on the front and back of the body, and can include specific areas.

الريكي علم ياباني من أصول صينية يتجلى في المزج بين الطاقة الكونية وطاقة الجسد وهو وسيلة سهلة وفعالة للعلاج والشفاء عن طريق التوافق الداخلي للطاقة. الريكي علاج آمن ليس له آثار جانبية ويتميز ببساطته وسهولة أداءه ونتائجه الناجحة وهو يقوم على مبدأ تحرير حقل الطاقة الذي يحتوي على ما يسمى «الكي- طاقة الحياة» إذ تتسبب هذه الطاقة بحرية من دون صعوبات ويتم تحقيق التوازن بين عنصرين الين واليانج، عندما تتوازن الطاقة الداخلية في جسم الإنسان ويتم ذلك عن طريق تفعيل وتنشيط مراكز الطاقة السبع "الشكرات" في جسم الإنسان وهي متصلة بمسارات الطاقة الداخلية وبالتالي تقوم بإيصال الطاقة إلى كافة أجزاء الجسم بشكل سليم بدون أي عائق مما يضمن وصول الطاقة إلى كل عضو من أعضاء الجسم بالطاقة اللازمة لسلامة وصحة الجسم.

Speaker



MASTER FAWZIA AL SINDI

Founder - Bahrain Reiki Center

Master Fawzia holds a Bachelor degree in Commerce from University of Cairo-Egypt and she is a Reiki Jin Kei Do Master – Japanese, an EnerSense Healing System Master – Tibetan and has The Final Empowerment.

Member of the Inner Circle - International Reiki Jin Kei Do Center –Sydney-Australia. She worked in Banking Sectors between 1978 – 1986 and Trans World Training Center - Assistant Manager 1990 – 2000.

She also worked in organizing and giving Reiki Jin Kei Do courses, seminars, lectures, workshops and treatment sessions in the Kingdom of Bahrain, State of Kuwait, State of Qatar & U.A.E.



MS. FATIMA AL MANSOORI

Yoga Therapy & Ayurvedic Lifestyle Management Coach
Kingdom of Bahrain

Fatima Al Mansoori has studied Yoga and Ayurveda, the sciences for complete healing of body, mind and soul in India & completed her Certificate Courses at the Ayurveda Development Research Foundation. She was trained & taught by internationally acclaimed physicians and teachers who hail from a traditional Ayurveda family of South India. She has also studied Yogic sciences at Mangalore University Human consciousness and Yogic science department.



DR. MANOJ KUMAR

Head of Medical Department, ASRY - Kingdom of Bahrain

He holds a Bachelor in medical and surgery from the JSS, Medical College, University of Mysore, India, Post-Graduation Sri Ramachandra University (A Harvard Medical International Associated Institute), he is also a member of the Occupational Safety and Health Association of India, Bahrain and Middle East Academy of leadership in Health, Safety and Environment, Bahrain medical Society & Bahrain health & Safety Society.

Dr. Manoj has more than twenty (20) years in the medical field, in private practice & at corporate level. He is also an expert in Occupational Health Treatment & Counseling.



DR. MOHAMMED SALEH

Treasurer - Bahrain Occupational Health Physician Association
Kingdom of Bahrain

He holds a Bachelor degree of Medicine & Bachelor degree of Surgery in 1984 from King Edward Medical College, Punjab University, Lahore.

Dr Mohammed is a member in the American College of Occupational Medicine in Illinois, Chicago, USA, 1992, American Academy of Family Physicians in 2005, Bahrain Medical Society and he was the President of Bahrain Occupational Health Physician Association- for 3 session and acting currently as the Treasurer.


He worked at Bahrain Defence Force Military Hospital for 5 years as Senior Resident in Department of Internal Medicine & Cardiology 1985, Gulf Petrochemical Industries Co-as Chief Medical Officer since 1989 until 2010, he Retired on 2011 and Currently, he is practicing medicine in his own private clinic.



MR. AHMED AL BANNA

CEO of Origin Group - Kingdom of Bahrain

Mr. Ahmed has over 30 years practical experience in Human Resource Development, Consulting and General Management covering esteemed and prestigious organizations in Bahrain ranging from Aviation, Aluminium, Governmental, Financial and Oil Industries. He has been an expert resource for workforce and leadership development. He was responsible for implementing the Levy system in Bahrain while in the Ministry of Labor.



“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”

- Etty Hillesum

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OriginBahrain

The Annual Conference

The Power Within Stress Management at Work for Better Employee Performance

28 January 2015
The Ritz Carlton Hotel
Kingdom of Bahrain

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table (s) for our Organisation, names can be sent later.

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4		
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6		
7		

Participation Fees in BD.

BD **380** per delegate

* Corporate rate available

Delegates will be entitled to:

- Full conference material.
- Lunch and refreshments.
- A certificate of attendance signed by presenters.
- Free copy of the latest keynote presenter's book.

Cancellation/Substitutions No cancellation will be permitted once a registration form is received. However, substitution is allowed.

Strategic Partners



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