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AHMEDABAD MANAGEMENT ASSOCIATION

Madanmohan Ramanlal – AMA Centre for Human Resource Development

TIME AND STRESS MANAGEMENT

The connection between time and stress management is learning how to manage your time properly to be more productive to avoid feeling stressed. Why is Time and Stress Management So Important ?

Managing your time properly enables you to work faster and smarter, not harder. It is important to learn time management techniques to stay healthy, happy, and productive even when you're experiencing a lot of stress. The ultimate goal is work-life balance, stress relief under pressure, and overall mental well-being.

Time management is the process of organizing and planning how to divide your time between different activities. Get it right, and you'll end up working smarter, not harder, to get more done in less time – even when time is tight and pressures are high. Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning.

This program will encourage the participants to become highest achievers through managing time and stress exceptionally well.

CONTENTS

- Prioritization
- Scheduling
- Goal Setting
- Concentration and Focus
- Getting Organized
- Improving Efficiency
- Time and Stress Management in Practice

FOR WHOM

The program is aimed at senior and middle level managers, working executives, professionals, entrepreneurs and individuals aspiring to become more productive through effective time & stress management.

PROGRAMME FACULTY

Mr. Francis Lobo, Management Trainer and Consultant with 28 yrs of corporate experience in HR & Admin function.

Programme Date:
August 27, 2026

Duration:
Full Day

Time:
9.30 AM to 5.00 PM

Format:



Programme Fee:
INR 1,500 (Incl. GST)
Concession for Members 10%;
Patron 20%. (Lunch included)

Last Date to Register:
August 26, 2026

Register

For bulk nominations and enquiries, please reach us at:

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