

HR  
future



STRESS MANAGEMENT  
and MOTIVATION  
for **HIGH**  
**PERFORMERS**

TUES, 19 FEBRUARY 2019  
08:30 - 16:00  
BYTES CONFERENCE CENTRE  
**FACILITATOR:** ALAN HOSKING

# HR future



## WHY ATTEND?

A certain amount of stress contributes to high performance but, when it is excessive, it drastically reduces productivity. This one-day Masterclass addresses Stress in the morning session and Motivation in the afternoon session.

**STRESS:** In a unique approach to stress, this session reduces stress to two major causes and helps delegates to identify which one is causing their stress. Once they can do this, they are in a powerful position to manage their stress effectively and continue working at peak efficiency. Find out what the two fundamental causes of stress are and learn how to manage them for maximum performance.

**MOTIVATION:** This session reveals and unpacks the three deepest needs that drive every human on the planet, regardless of who they are and explains what actually motivates people on a long term basis. As delegates are shown how to tap into these forces, they discover an unexpected source of motivation that is not affected by outer conditions. Learn what really motivates you and how to tap into that for endless energy and great results.

### FEEDBACK FROM PREVIOUS SESSIONS:

- “ You created an atmosphere of acceptance so we could learn from you and each other.  
Departmental Manager, retail company
- “ What I’m taking away with me is a much clearer perspective of what drives my behaviour.  
Team Member, insurance company
- “ Encouraged me to reflect and consider how to apply this knowledge.  
Manager, energy company
- “ I now see things differently.  
HR Executive, media company
- “ You allowed everyone to have a voice. Thank you!  
Manager, telecommunications company





## REGISTRATION/ATTENDANCE FORM

Stress Management and Motivation for High Performers - 19 February 2019

### Delegate details

Please type your details in the appropriate fields.

First name: \_\_\_\_\_  
Surname: \_\_\_\_\_  
Job title: \_\_\_\_\_  
Office no: \_\_\_\_\_  
Cell no: \_\_\_\_\_  
Email: \_\_\_\_\_  
Date completed/submitted: \_\_\_\_\_

### Payment details

Company name: \_\_\_\_\_  
VAT no. of company: \_\_\_\_\_  
Postal address: \_\_\_\_\_  
Code: \_\_\_\_\_  
Person responsible for payment: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Landline no.: \_\_\_\_\_

### How to submit form

1. Complete the form on screen.
2. Save the form on your PC.
3. Attach the form to an email and send to Monique (monique@hrfuture.net).

For enquiries, call Monique on 011 888 8914 or email her.

### Note

- Attendance fees are due and payable upon receipt of the Registration/Attendance Form by Osgard Media and presentation of the invoice to the delegate.
- All cancellations must be made in writing.
- Cancellations after 5 February 2019 will incur a 100% cancellation fee.
- "No shows" are liable for full payment.

### Attendance fee

R 3 500 ex VAT per person

### Special Dietary requirements (please indicate the number of delegates)

Halaal (+R500 ex VAT per meal): \_\_\_\_\_

Kosher (+R500 ex VAT per meal): \_\_\_\_\_

Vegetarian: \_\_\_\_\_

Other, please specify: \_\_\_\_\_