



**VIDYA
INSIGHT**

Time & Stress Management

Leave Your Touch

learn

Analyze

Evolve

OVERVIEW

This workshop provides participants with the tools to manage their workload and emotional resilience in a demanding professional world. By developing time awareness and stress control techniques, participants will improve their focus, reduce burnout, and achieve sustained personal and organizational effectiveness. Participants will learn techniques such as prioritization frameworks (Eisenhower Matrix, ABC method), time-blocking, goal alignment, and digital discipline. On the stress management side, the course introduces practical tools rooted in cognitive-behavioral strategies, mindfulness, resilience-building, and burnout prevention. Emphasis is placed on identifying stressors, improving focus, setting boundaries, and maintaining energy across the workday.

Audience

Designed for professionals at all levels—particularly team leaders, executives, administrators, educators, healthcare workers, NGO staff, and anyone facing high workloads or decision fatigue. Ideal for institutions seeking to foster a culture of well-being and performance.

Instructors

Led by workplace psychologists, productivity experts, certified coaches, and wellness trainers with experience in organizational performance, mental resilience, and professional growth programs. Instructors blend neuroscience, behavioral science, and practical tools.

Register Now



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**Available in English
and Arabic**