



THRIVING *under pressure*

FACILITATOR
Dr Mary
Thomas

LEARNING OBJECTIVE

After this workshop, participants will be able to:

- Define pressure and understand its implications
- List a plan of action to learn how to thrive under pressure



COURSE CONTENT

MODULE 1. DEFINING PRESSURE

- Understanding Pressure
- Levels of Pressure
- Difference between Stress and Pressure

MODULE 2. PLAN OF ACTION TO LEARN HOW TO THRIVE UNDER PRESSURE

- Self-assessment of Pressure Levels
- Methods to Handle Pressure
- Increasing Resistance to Pressure
- Setting a Support System
- Be Organized
- Time Management
- Physical Activity and Exercise
- Learning to Relax
- Handling Conflict
- Self-imposed Pressure
- Demanding Routines

TRAINER PROFILE | DR MARY THOMAS



- Doctor of Medicine from Davao Medical School Foundation Inc, Philippines
- Volunteer at Hospitals, Medical Camps, Health Centers and now consulting via Telemedicine
- Counselor for almost 40 years
- Pioneering team of the NGO, MINDA, the first Mental Health NGO in Malaysia, headed by Dr Abdul Kadir Abu Bakar, Director of Hospital Permai, Johor Baru
- Peer- Student Counselor in College, Support Counselor in Church and in the Communities
- Volunteered with Dr Aminah Kassim, Head of Adolescent Psychiatry, Hospital Permai, Johor Baru
- Worked with academically-challenged students
- Pioneering team of Intan-Life Zone, a home for HIV/AIDS persons in Johor Baru
- Pioneering team of JEWEL, the NGO for Women's and Children's Welfare.
- Initiated Emotions Anonymous in Davao City, chapter of Emotions Anonymous, USA.
- International Best-Selling author of the anthology 'Break Free To Stand In Your Power'
- Co-author of ' Break Free To Health and Vitality', to be launched in October 2021



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