

Harmonious and stress-free environment is likely to double productivity

Harmonious and stress-free environment is likely to double productivity besides having long-term positive impact on overall relationship between the employee and the employer. This was the upshot of the presentations given at a seminar on “How to Manage Stress at Work” arranged by the LCCI Vice President Saeeda Nazar on Friday. LCCI President Irfan Qaiser Sheikh was the Chief Guest while the trainers included professor Dr Saad B Malik and Sadullah Asad. The Trainers gave a detailed presentation on different types of stress and as to how one could avoid stress at workplace. The participants of the workshop included Chief Executive Officers, Business Executives, Entrepreneurs and students. According to presentations, through stress management, the businessmen could not only save their time and energy but money as well. Stress has direct bearing on the efficiency of a person and resultantly on an industrial unit therefore a proper strategy to manage stress must be part of training of top management officials. The trainers quoted a number of examples whereby an industrial unit touched the zenith by adopting stress management strategies or by implement best business practices.

It is common experience that in a stress at workplace, the efficiency of a worker or an officer nose dive while in a stress free atmosphere, the efficiency of worker even surpasses his or her abilities. “Not only does a regular stress management practice stave off the negative effects of stress, but it can also bring positive outcomes like increased productivity, better health and more happiness in general.” “when you’re not stressed, you can be more productive because you’re more focused. Therefore, it really pays to keep stress to a minimum. Certain stress relief habits naturally make you more productive. Being organized can also help you save time and money in the long run, reducing stress and helping you to be more productive in virtually every area of your life.” At workplace issue management is the key to success and in order to determine and succeed at a winning position, a successful issue manager should begin by thoroughly and carefully identifying all stakeholders and their particular interests. For the sake of definition, stakeholders are generally comprised of a diverse group of people and, depending on the issue at hand, may include business owners, local, state, and federal elected officials, constituents, customers, competitors, colleagues and peers, or simply the general public. Consequently, any solution to resolve a conflict among opposing viewpoints must take into account the interests and concerns of all stakeholders and seek unifying and mutually-beneficial solutions. Not only is this excellent issue management, but it promotes positive public relations and turns issues into opportunities for the growth of a community. In her address, the LCCI Vice President Saeeda Nazar said that today, Pakistan is at a difficult cross road, facing multiple economic, social and political challenges. The only way we can best deal with our challenges is through creating a harmonious and stress-free environment. She said that the more our businessmen, employees and society at large find themselves in a serene and peaceful surrounding, the greater efficiency of our nation would be. She said that the sole objective of this seminar is none other than how we can reduce or remove our mental and physical stress at work. This will certainly help us perform well in our respective fields.

She said that the best way to manage stress which I have found is to learn to change anxiety to concern. I believe that concern means you are motivated to take care of real problems in your life. Otherwise if you do not take anxiety as a concern then it fully captures you to end up fully lost and exhausted.

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