



**asci**  
Leadership through Learning

Programme on  
**STRESS MANAGEMENT AND  
PERFORMANCE COACHING**

(February 23-27, 2026)



**Administrative Staff College of India**  
(accredited as उत्कृष्ट by Capacity Building Commission, GoI)

## PROGRAMME OVERVIEW

Stress management has emerged as a critical workplace wellness initiative in the past decade. It encompasses a range of techniques to raise awareness about stress and its health implications while equipping individuals with practical strategies for managing stress and improving well-being. Given the increasingly dynamic and demanding work environments, it is essential to understand how continuous exposure to such stressors impacts employee health, productivity, and overall performance.

Effective stress management begins with identifying the sources of stress and recognising how stress manifests behaviorally, emotionally, and physically. Understanding the evolution of stress models also helps contextualise individual responses and management techniques. Equally important is distinguishing between adaptive and maladaptive coping mechanisms and defining what constitutes 'stress' in the modern workplace.

Alongside stress management, performance coaching is pivotal in enhancing workplace relationships and employee development. It is an ongoing, collaborative process that supports employees in setting goals, acquiring new skills, and overcoming performance barriers. Through coaching, supervisors can help individuals develop actionable plans that include training, job enrichment, and experiential learning. Organisations can build resilient, high-performing teams by integrating coaching with stress management.

## OBJECTIVES

- ▶ Understand the connection between stress and performance and identify early warning signs.
- ▶ Develop personalised stress management strategies, including mindfulness, time management, and relaxation techniques.
- ▶ Apply performance coaching models to set goals, identify challenges, and implement improvement plans.
- ▶ Promote a resilient and empathetic workplace culture through effective communication and collaboration.
- ▶ Identify and address performance barriers at both individual and team levels using coaching

## CONTENT

### Day I: Introduction to Stress

- ◆ Defining stress and workplace stress
- ◆ Exploring stress inventories

### Day II: Measuring and Managing Stress

- ◆ Understanding the Holmes and Rahe Stress Scale
- ◆ Practical approaches to managing stress
- ◆ Using stress diaries for self-assessment

### Day III: Foundations of Workplace Coaching

- ◆ The concept of workplace coaching
- ◆ Coaching models and methods
- ◆ Introduction to the GROW coaching model

### Day IV: Coaching Communication Skills

- ◆ Active listening for effective coaching
- ◆ Strategic questioning techniques

### Day V: Integrating Coaching with Stress Management

- ◆ Communication in workplace coaching
- ◆ Managing workplace stress through performance coaching

## METHODOLOGY

The programme uses an experiential learning approach incorporating:

- ◆ Case studies and real-life scenarios
- ◆ Role plays and simulations
- ◆ Group discussions and peer learning
- ◆ Interactive faculty-led sessions
- ◆ Reflective exercises and self-assessment tools

## FACULTY

### Prof. Swarnalatha Jagarlapudi

A distinguished academic and experienced HR professional, Prof. Swarnalatha brings over 36 years of expertise spanning the public and private sectors. She holds an MPhil in Industrial Psychology from TISS, Mumbai, and an advanced Master's degree in Applied Psychology, Criminal Law, Forensic Science, HR, International Business, Economics, Mass Communication, and Foreign Trade.

She is known for her strong commercial acumen and entrepreneurial approach. She has designed and delivered high-impact leadership, management, and development programmes across government, banking, IT, finance, and manufacturing sectors. Her credentials include NLP, Stress Management, and Internal Auditing certifications, reflecting a well-rounded blend of academic depth and real-world applicability.

## PARTICIPANT PROFILE

This programme is ideal for senior and middle-level executives from the private and public sectors and government departments. It benefits people management, employee development, human resources, and organisational leadership professionals. The training is designed to support those looking to enhance their ability to manage stress and coach teams for improved performance and well-being.

***Organisational sponsorship is essential.***

## VENUE

The programme is fully residential and the participants will be accommodated in air-conditioned single-occupancy rooms. The college does not provide accommodation for the family. The college campus is Wi-Fi-enabled comprehensively.

## DURATION

The programme duration is 5 days, starting from **February 23-27, 2026**. The participants are expected to arrive a day before commencement and may leave after the conclusion of the programme.

## PROGRAMME FEE

**Residential Fee: Rs. 69,500/-** (US \$1086 for foreigners) plus GST as applicable, presently 18% per participant. The fee covers tuition, board and lodging, courseware (in electronic form), and other facilities of the College including internet usage.

**Non-Residential Fee: Rs.59,500/-** plus GST as applicable, presently 18% per participant. The fee covers tuition, courseware (in electronic form) working lunch, and other facilities of the College including internet usage.

A discount of 10% on the Programme fee for three or more participants from the same organisation will be given, provided the payment is credited into our Bank account before **February 20, 2026**.

**Note:** Kindly forward us the details of Bank/Wire transfer of fee payment indicating the Programme Code (Prg/25-26/1/188) e-mail: to [poffice@asci.org.in](mailto:poffice@asci.org.in) for confirmation.

## Bank details are given below:

### For Indian Participants :

Bank Account Number	62090698675
Beneficiary Name	Administrative Staff College of India
IFSC Code	SBIN0020063
Bank Name	State Bank of India
Branch Address	Bellavista Branch, Raj Bhavan Road, Somajiguda, Hyderabad - 500 082

### For Foreign Participants:

Bank Account Number	62090698675
Beneficiary Name	Administrative Staff College of India
Swift Code	SBININBB327
Bank Name	State Bank of India
Branch Address	Bellavista Branch, Rajbhavan Road, Somajiguda, Hyderabad - 500 082.
Country	India

## MEDICAL INSURANCE

The nominees are requested to carry with them the proof of Medical Insurance. The sponsoring agency is required to endorse the nominees' medical coverage in the event of hospitalisation.

## LAST DATE FOR NOMINATION

Please use the prescribed/attached form. The last date for receiving nominations **February 16, 2026**. Kindly contact the Programmes Officer for further details (contact details are given at the end of the nomination form).

## LAST DATE FOR WITHDRAWAL

**February 19, 2026**. Any withdrawals after this date will entail forfeiture of fee paid, if any.

## ASCI ALUMNI ASSOCIATION

Participants of the College programmes will automatically become members of the ASCI alumni association.

## CERTIFICATE OF PARTICIPATION

The College issues a Certificate of Participation on conclusion of the programme.

**Programme Director**

**Prof. J Swarnalatha**

e-mail: [swarnalathaa.j@asci.org.in](mailto:swarnalathaa.j@asci.org.in)



## ABOUT ASCI

ASCI is the first management development institution set up in the country at the instance of the Government of India and industry in 1956 to impart state-of-the-art management education for practicing managers, a legacy that we proudly take forward with a strong alumni of over 1,76,500. We are proud of our alumni which includes the leaders of Indian industry and senior Civil Servants in the government, public sector undertakings to be a part of this unique organisation. We are thankful to you all for the support extended in the past and look forward to your continuing patronage in 2025-26.

Also, ASCI conducts customized programmes for Government of India, State Governments, Public Sector, Private Sector and various international organisations. Our experienced faculty bring to the table a wealth of academic credentials, rich industry exposure and act as a catalyst in the classroom discussions, case study analyses and tutorials. Our faculty also conduct international programmes which provide an exposure to the global best practices. In addition to this, faculty at ASCI also carry out large number of management research activities (typically about 100 each year) which helps them provide the much needed value addition in the training programmes. In addition, we conduct non-residential programmes at our New Delhi Centre as well as off-campus programmes at the venue of the client's choice.



### **Administrative Staff College of India**

Bella Vista, Raj Bhavan Road, Khairatabad,  
Hyderabad - 500 082, India.

**Telefax (Programmes Office) : 0091-40-23324365**

Mobile: 9246203535, Phone : 0091-40-66534247

Fax : 0091-40-66534356

### **College Park Campus**

Road No. 3, Banjara Hills,

Hyderabad - 500 034.

Tel: 040-66720700 / 01 /02 /05

Fax : 040-66720725

### **Delhi Campus**

C-24, Institutional Area

South of IIT, Behind Qutub Hotel

New Delhi-110 016.

Tel: 011-26962204, 26961750, 26961850

[www.asci.org.in](http://www.asci.org.in)



**ADMINISTRATIVE STAFF COLLEGE OF INDIA**  
Bella Vista, Raj Bhavan Road, Hyderabad - 500 082, (India)

**Nomination Form**

**Programme on**

**Stress Management and Performance Coaching**

**(February 23-27, 2026)**

**Nominee's Contact Information :**

Name (Mr/Ms) :	_____	Date of Birth :	_____
Designation :	_____	Qualification :	_____
Organisation :	_____		
Address :	_____		
Phone(s) :	(Off) : _____	(Mobile) :	_____ Home : _____
e-mail :	_____	Fax :	_____

**Sponsor's Details**

Name of the Sponsoring Authority _____	Designation _____
Organisation :	_____
GSTIN No. :	_____
Address :	_____
	_____ Pincode : _____
Phone(s) :	(Off) : _____ (Mobile) : _____
e-mail :	_____ Fax : _____

**Fee Particulars**

Amount Payable :	_____	Mode of Payment (DD/Chq/NEFT) :	_____
Name of the Bank :	_____	Date of Instrument/Transfer :	_____
Instrument Number :	_____	UTR Number for NEFT :	_____

**Medical Insurance**

<b>Name of the Insurance Agency</b>	<b>Policy Number</b>	<b>Validity upto</b>
<b>Note : Coverage should be available in Hyderabad, India</b>		

Signature and Official Seal of the Sponsoring Authority :

NOTE : Forward nomination form to : **Mr. G. Sreenivasa Reddy, Programmes Officer**, Administrative Staff College of India, Bella Vista, Hyderabad-500 082. Phone : 0091-40-66534247, 66533000, Mobile: 9246203535, Fax : 0091-40-66534356, e-mail: poffice@asci.org.in