Civil Service College, Mauritius

Training on “Increasing Productivity Through Stress Management”

Fooks House, Training Room

Thursday 04th March 2016

- All Senior Staff of the Public Service
- Directors and Senior Staff of Para Statal Institutions
- Chairman and Director of the Civil Service College, Mauritius
- Mr Vincent Piat Kelly, Resource Person
- Members of the Press
- Ladies and Gentlemen

Good Morning to you all
It is a pleasure for me to be with you today for the launching of this 2-day Training Programme on “Increasing Productivity through Stress Management”.

This is yet another innovative training programme which the Ministry of Civil Service and Administrative Reforms is launching in collaboration with the Civil Service College, Mauritius. It bears testimony of Government’s vision and commitment, through my Ministry, to enhance the skills and competencies of our public officers, and in parallel make sure that officers benefit from the best working conditions.

**Ladies and gentlemen,**

Investment in people development, particularly in focused skills and key competencies, is no longer a choice. It is a must if we really want to achieve the goals set for the Second Economic Miracle and the Vision 2030. Most of government’s service delivery is provided through people, directly and indirectly. As it is often said, “People make the difference in an organization”.
Therefore, the success of an organization, its customers' satisfaction and its efficiency depend heavily on its employees’ skills, abilities, knowledge and motivation to work. The desired improvement and change required can more likely be achieved by improving the capacity and capability of the people who deliver the services. Having a structured approach to building the capacity of the workforce will therefore continue to positively impact and improve the services delivered to the community.

Ladies and gentlemen,

Following the recommendations of the Pay Research Bureau Report, emphasis is being laid on the importance of training and development of staff as part of an overall strategy to inculcate a performance culture in Public Sector employees to better serve the citizen’s demands and raise the level of professionalism of the Public Service.

As I mentioned it earlier, the overall responsibility for training of public officers is vested upon the Ministry of Civil Service and Administrative Reforms in collaboration with the Civil Service College, Mauritius. Since the launching of the
Civil Service College, Mauritius in November 2015, different training programmes have been conducted to accompany and facilitate that innovation culture amongst all the Civil Servants.

The training programme on “Increasing Productivity Through Stress Management” is very much relevant to today’s society. People are nowadays stressed with almost everything: personal problems, work issues, huge traffic, you name it… Hence, we would like our employees to be stress free so that they are able to perform their tasks with enthusiasm and to be passionate on the projects they are working on. Therefore, today’s session, is meant to help participants:

• To better understand and appreciate the impact of stress;
• To appreciate that each individual has the responsibility to live healthy, productive and a fulfilling life;
• To introduce them to measures that can shift their perspectives, as well as, their ability to change AND
• To empower them in unlocking their joyous potential.
In line with our objective to promote work–life balance in the Public Service, my Ministry has taken the bold initiative of setting up a gym in our premises, and this may be one step further to develop a stress-free organization.

Before ending, I would like to quote Steve Maraboli, life-changing Speaker, and Author, who once said “You must learn to let go. Release the stress. You were never in control anyway.”

With these words, Ladies and Gentlemen, I wish you all an enriching session with our resource person, whom I’m sure, will give you powerful insights on Stress Management.

A.W