



MINISTRY OF CIVIL SERVICE AND ADMINISTRATIVE REFORMS
MAURITIUS

Ministry of Civil Service and Administrative Reforms
Circular Letter No. 60 of 2013
E/70/1/1/114V1

MOST IMMEDIATE

13 September 2013

From: Senior Chief Executive, Ministry of Civil Service and Administrative Reforms

To: Supervising Officers i/c of Ministries/Departments

SUBJECT: **Training Programme on Stress Management**

Work related stress is an issue of growing concern for organizations due to the processes of globalization and the changing nature of work. It is recognized worldwide as a major challenge as it is not only a factor affecting individual worker's health and work life balance but also the organization's effectiveness and overall productivity and quality of services.

2. In order to assist in the coordination of efforts to educate all stakeholders in respective organizations, the Ministry of Civil Service and Administrative Reforms is mounting, in collaboration with the Public Officers' Welfare Council (POWC), a 2-day Training Programme on Stress Management.
3. One of the objectives of the training programme is to create greater awareness among public officers and encourage initiatives for management of work stress and work life balance.
4. The training programme will initially target representatives of Staff Welfare Associations (SWAs). Supervising officers are invited to submit, as per proforma annexed, the names of the President, Secretary and one member of the SWA of their Ministry/Department. Where there is no SWA in a Ministry/Department a maximum of 3 officers in order of priority must be nominated to attend the training sessions which are scheduled as from October 2013 at the Civil Service House, Gymkhana, Vacoas.
5. The relevant information must be submitted both in hard and soft copies, and should reach the Human Resource Development Division, Ministry of Civil Service and Administrative Reforms, 4th Floor, Atom House, Royal Street, Port Louis by Monday 23 September 2013, at latest.

6. This Circular Letter may be accessed on the websites of the Ministry and the POWC at the following addresses: <http://civilservice.gov.mu> and <http://powc.gov.mu>.

7. Should you need any additional information, please do not hesitate to contact Mr. B. Coondeah on phone numbers 208-7647/ 208-7653.



S. Seebaluck
Senior Chief Executive

Copy to: Secretary to Cabinet and Head of the Civil Service

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