



## Paper 1: ” *Human Aspects of Generic Investment Model in Malaysia*”

## Paper 2: ” *Stress Management Program for Fast Track Project Teams*”

Alina Teh, LL.B. (Hons) (London) – Senior Consultant

Lisa Teh, B.Sc. (Hons) (Toronto) – Director

David Teh, P.Eng. – President

PALADIN Projects International Ltd. of Canada ([www.paladin-seminar.com](http://www.paladin-seminar.com))

**15-17 June 2009, Helsinki - Finland**



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## **(1) Papers Presented at Past IPMA World Congresses**

- 16th IPMA World Congress (2002): Berlin – Germany
- 17th IPMA World Congress (2003): Moscow - Russia
- 18th IPMA World Congress (2004): Budapest – Hungary
- 19th IPMA World Congress (2005): New Delhi – India
- 20th IPMA World Congress (2006): Shanghai – China x 2
- 21st IPMA World Congress (2007): Cracow – Poland x 2
- 22nd IPMA World Congress (2008): Rome - Italy



## (2) Papers at this 23rd IPMA World Congress

(I) Paper 1:

**” *Human Aspects of Generic Investment Model in Malaysia*”**

by Alina Teh, LL.B (Hons) (London) & David Teh, P.Eng.

(I) Paper 2:

**” *Stress Management Program for Fast Track Project Teams*”**

by Lisa Teh, B.Sc. (Hons)(Toronto) & David Teh, P.Eng.



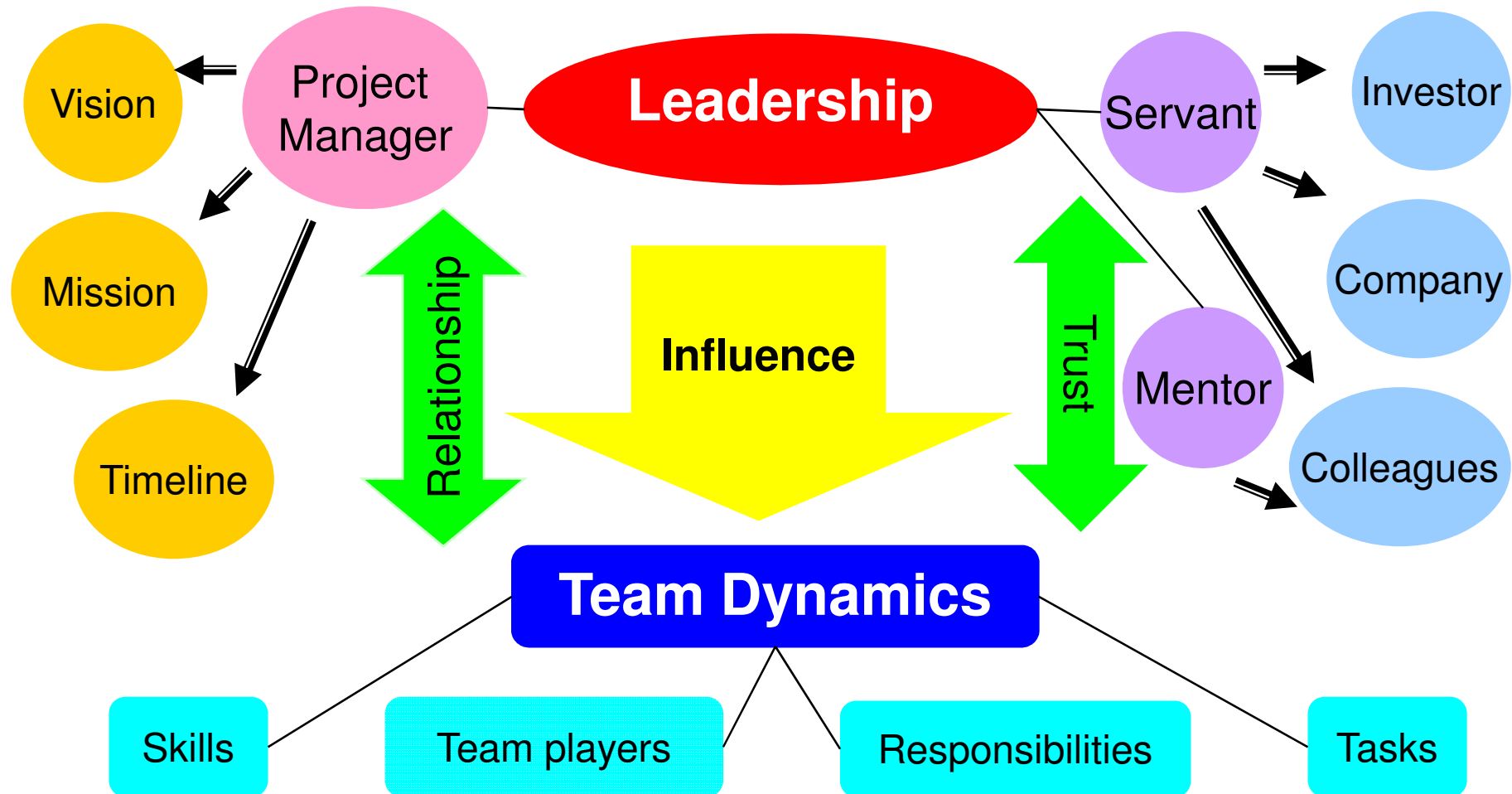
## **(3) Paper 1: “Human Aspects - Investment Model in Malaysia”**

### Outline

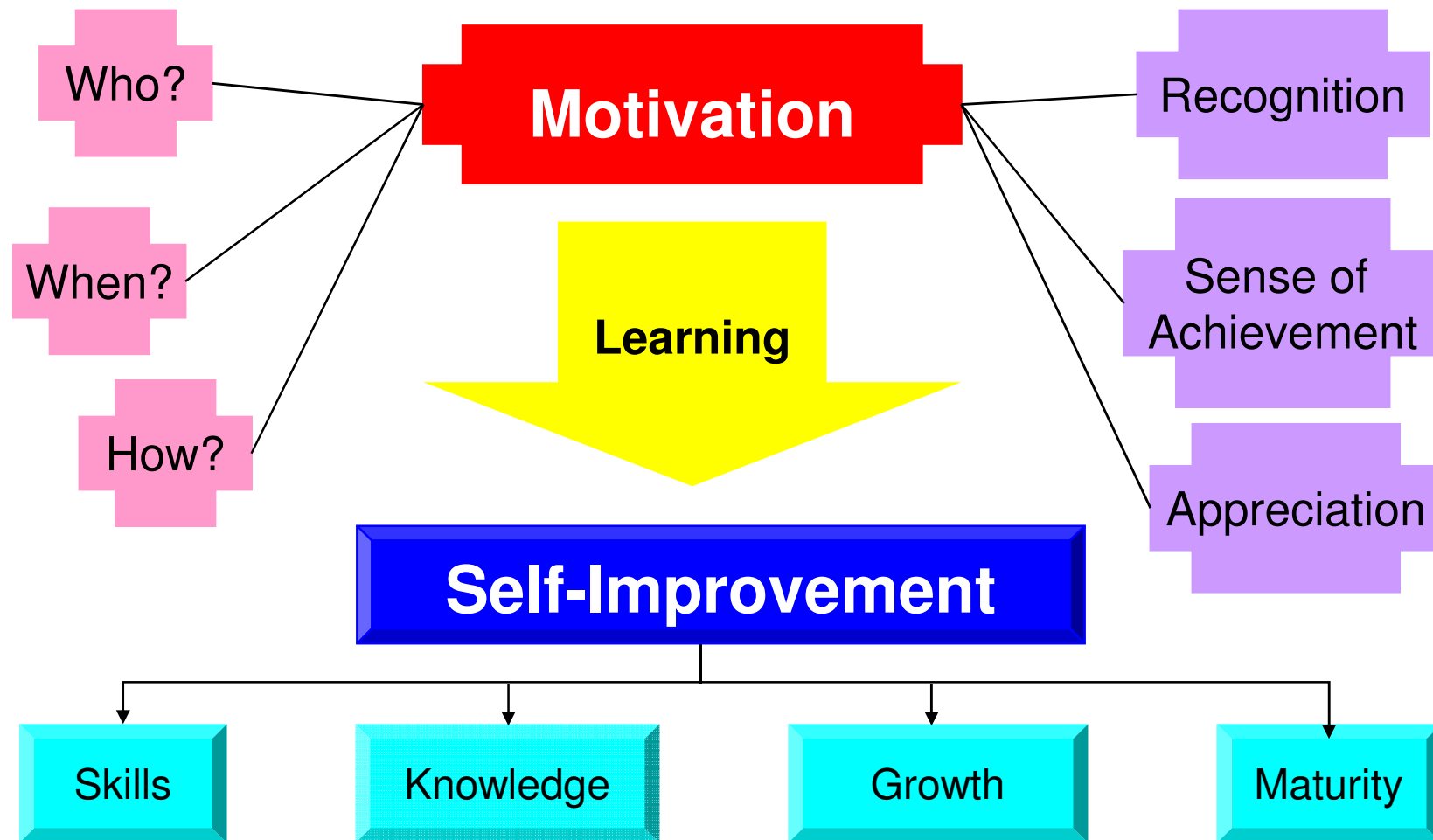
- Leadership & Team Dynamics
- Motivation & Self Improvement
- Conflict Resolution & Decision-Making
- Time Element
- Integration, Consolidation & Coordination of Skills

Presented by: [Alina Teh, LL.B \(Hons\) \(London\)](#)

## Paper 1 (1 of 5): Leadership & Team Dynamics



## Paper 1 (2 of 5): Motivation & Self Improvement

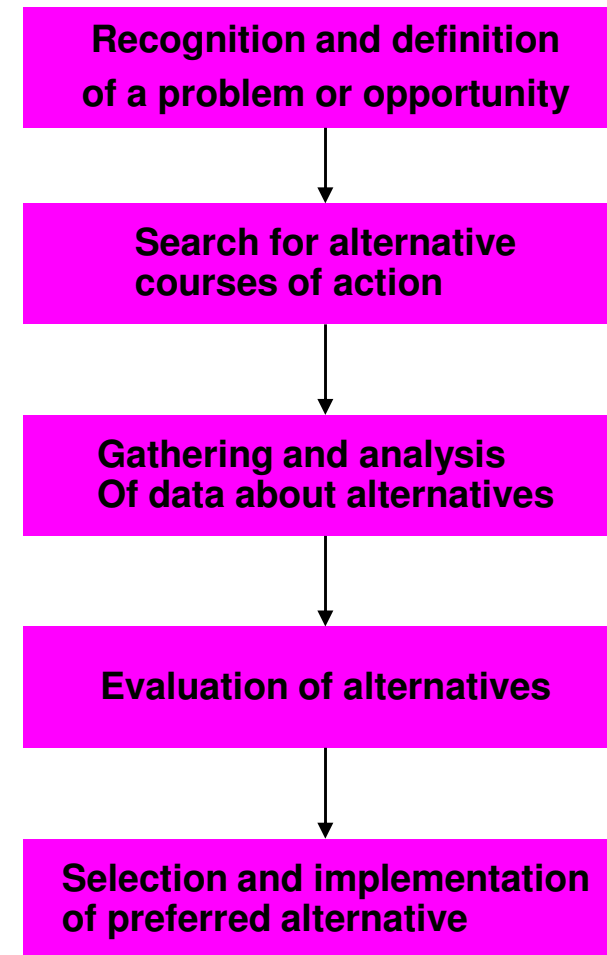


# Paper 1 (3 of 5): Conflict Resolution & Decision-Making

## Conflict Resolution

Condition	1	2	3
Conflict Level	Low	Optimal	High
Organisation performance	Low	High	Low

Approach	Objective
Competing	Get your way
Avoiding	Avoid having to deal with conflict
Compromising	Reach an agreement quickly
Accommodating	Don't upset the other person
<b>Collaborating</b>	<b>Solve the problem together</b>



**Decision Making**

## Paper 1 (4 of 5): Time Element

Deadlines

Promise

Commitment

**Time is of the essence...**

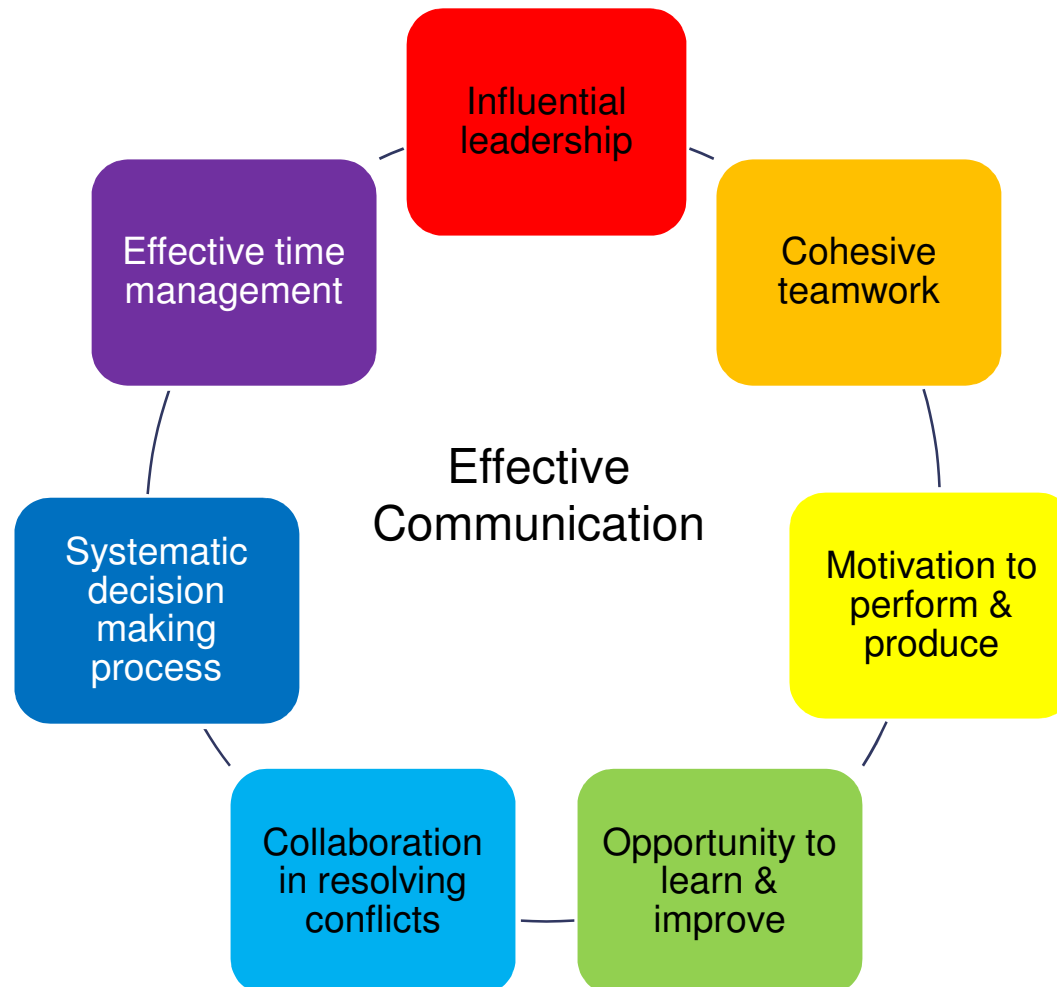
Awareness

Resources

Deliver



## Paper 1 (5 of 5): Integration, Consolidate & Coordination Skills





## (9) Paper 2: "Stress Management Program"

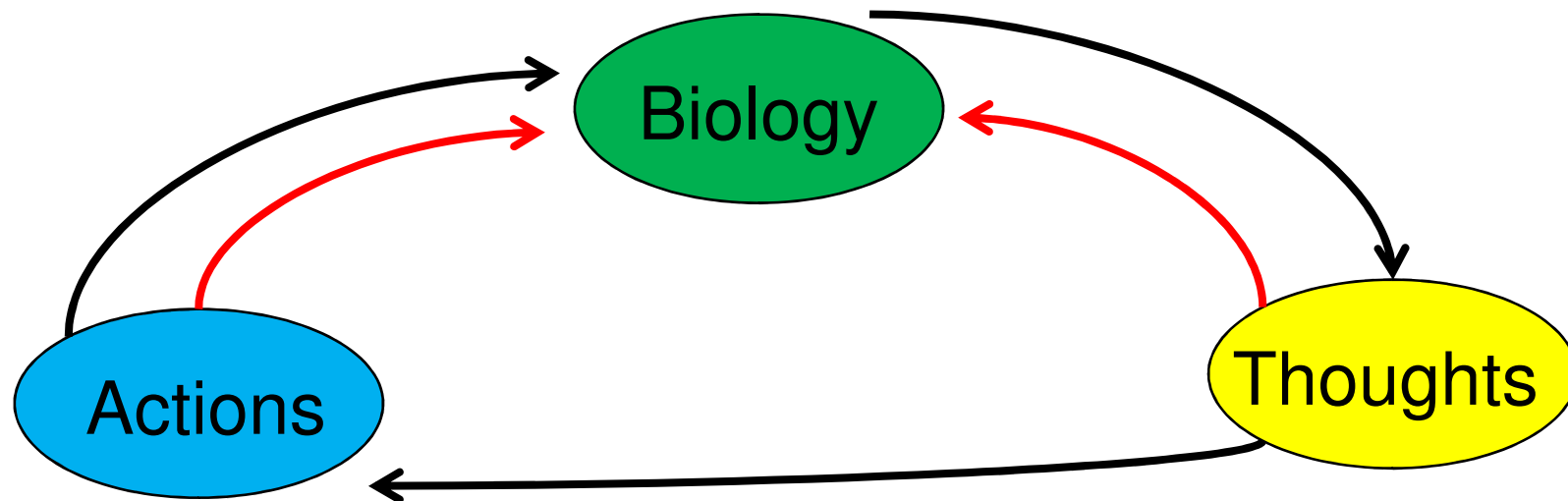
### Outline

- Phenomenology of Stress
- Causes of Stress
- Coping with Stress
- CBSM to improve coping with stress
- Implementation of CBSM

Presented by: [Lisa Teh, B.Sc. \(Hons\)\(Toronto\)](#)

## Paper 2 (1 of 5): Phenomenology of Stress

- What exactly is stress, anyways?
  - Biological factors
  - Cognitive factors (thoughts)
  - Resulting behaviors





## Paper 2 (2 of 5): Causes of Stress

- Environmental
  - Possible suspects
  - Compressed time
- Internal
  - Attribution styles – positive and negative

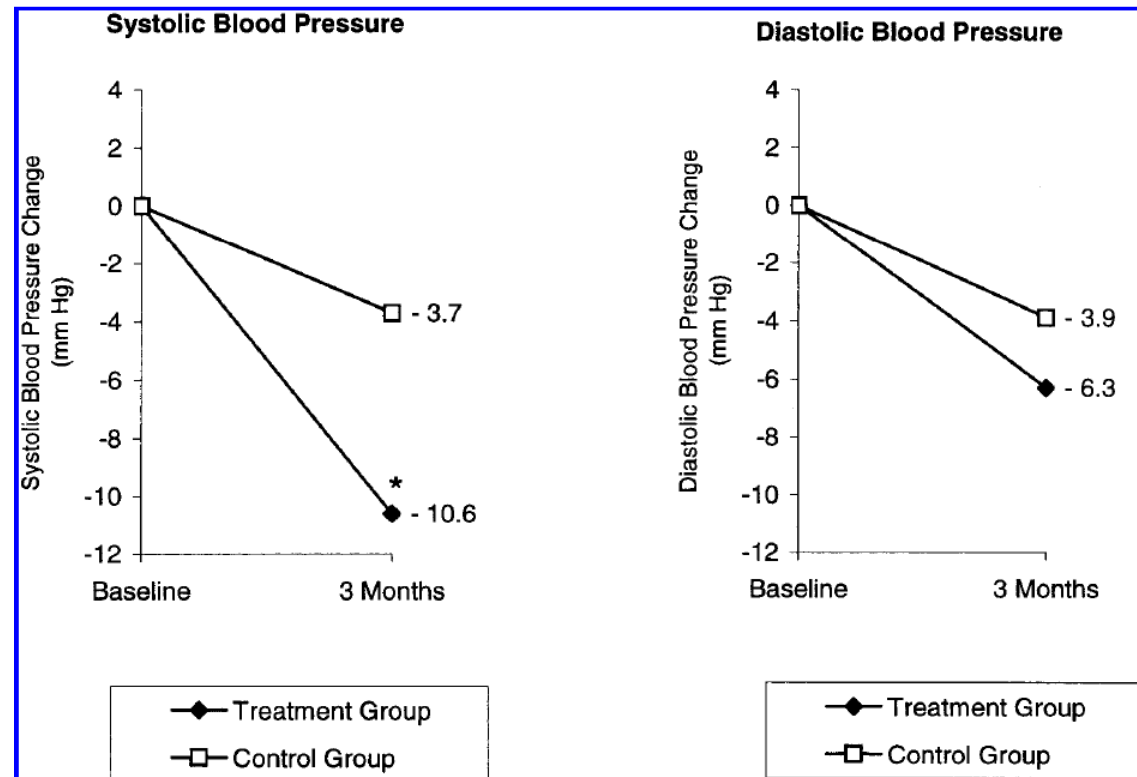


## Paper 2 (3 of 5): Coping with Stress

- **Positive attribution → healthy coping strategies**
  - *It's not my fault I'm having problems, this task is difficult → **how can I change the task to make it simpler?***
- **Negative attribution → unhealthy coping strategies**
  - *Of course this is difficult, I am not very good at things like this → **I can't do this and should wait for someone else***

## Paper 2 (4 of 5): CBSM to improve coping with stress

- Interventions: how can we remedy this?
  - CBSM (Cognitive Behavioural Stress Management): targeting thoughts to change behaviours





## Paper 2 (5 of 5): Implementation of CBSM

- How can we use this to increase efficiency/worker wellbeing?
  - Identifying high-risk employees
  - Finding a trained therapist
  - Approaching employees and delivering sessions in ethical and effective ways