

Dr. Michel Gagne

**Performance Lifestyle
Consultant**

A speaker, facilitator, International Executive and Corporate Coach with more than 40 years of experience in dealing with the Corporate and Manufacturing Sector, Government, Education, and NGO. Michel Gagne is bridging Excellence and High Performance in the Workplace with High Performance in Sports. Michel has worked with several Olympic Medalists and Athletes from Canada and abroad since the 1972 Munich Olympic Games. His "Train the Trainer" program has successfully contributed to more than 35,000 coaches in Canada (NCCP) and over 5,000 Managers in Asia.

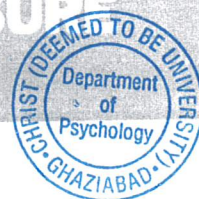
**DEPARTMENT OF PSYCHOLOGY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

Presents

INTERACTIVE SESSION

ON

**JOY OF STRESS:
PERFORMING UNDER PRESSURE**



Presented by



Department of Psychology
CHRIST (Deemed to be University), Delhi NCR
Event Report

Event Name: Joy of Stress: Performing Under Pressure

Date and Time: 25 January, 2021 9am

Platform: CISCO WeBex

Url of Webex Recording-

<https://christnecr.webex.com/christnecr/lr.php?RCID=c053b749d9504cd489f2c6ba1d65e1e4>

Password for viewing content: kE3QsRx3

Resource Person: Dr. Michel Gagne

Coordinated by: Dr. Harguneet Kaur

Attended by: All masters students of Department of Psychology

Description of the event :

About the speaker: Dr. Michel is a speaker, facilitator and International Executive and Corporate Coach with more than 40 years of experience in dealing with the Corporate and Manufacturing Sector, Government, Education, and NGO's. He is bridging Excellence and High Performance in the Workplace with High Performance in Sports. He has worked with several Olympic Medalists and Athletes from Canada and abroad since the 1972 Munich Olympic Games. His **train the trainer program** has successfully contributed to more than 35,000 coaches in Canada (NCCP) and over 5,000 Managers in Asia.

Details of the session:

Dr. Harguneet Kaur welcomed and introduced the eminent speaker to all the participants. Dr. Michel Gagne started by sharing his experiences working with great Olympic medalists. Concepts such as resilience, stress, and reasons for high stress were discussed. Techniques to train your body to get a positive stress response from it were discussed. The concept of mindful breathing was discussed in detail i.e., taking fewer breaths per minute for greater well-being. Interactive activity on the basis of breathology was also introduced. Role of autonomic nervous system, popular responses of people to stress, parasympathetic and sympathetic responses were discussed. Dr. Michel's guide Dr. Selye's work on stress was highlighted.

Benefits of stress, picture of Olympic athletes who have benefitted from breathology during stress times and won multiple times were shown. Mind-body relationship from the context of stress and performance were taken in brief. Munich Olympics, art of breathing, benefits of yoga were taken up in detail.



A handwritten signature in blue ink, appearing to read "Suren".

Towards the end of the session few participant questions were asked by Dr. Harguneet Kaur, the organiser, coordinator and moderator of the session to the speaker of the day. This was followed by a concluding thank you note by the session coordinator.

Feedback Analysis

Feedback from the participants was taken at the end of the session. Feedback was taken to understand how relevant was the content of the lecture w.r.t the field of their study. Practicality of the techniques suggested to endure and enjoy stress especially the techniques of breatheology was enquired from all participants. As the target audience was psychology students having a basic knowledge of the subject and stress, it was important to understand if the students found the lecture insightful doing value addition to their basic knowledge or not. Complexity and pace of the content delivered was also taken into account. Clarity of the expression of the speaker and the level of engagement that the speaker showed with the students was also mapped.

Participants reported the content of the speaker very relevant, practical, insightful and engaging. The content was reported to be given on a moderate pace so that students find it easier to understand. Clarity of expression of the speaker and etiquette was appreciated by many participants. Overall experience of attending the workshop was rated as reasonably high by majority of the participants.

Impact of the Event

Major impact was seen in the form of viewing stress from a unique newer perspective especially in the present COVID Times. Positive impact of the lecture can be even understood from the way students are adjusting to hybrid mode of teaching and are not letting it stress them out or reduce their academic performance. Students shared experiences of how useful they found the learnt the art of breatheology and how they enjoy practicing it. Students expressed the desire of another longer session with the same speaker especially in the form of a workshop.



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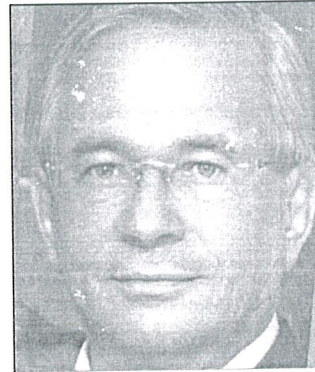
[Dr. Michel Gagne]

Performance Lifestyle Consultant Profile

Address Dr. Michel Gagne
Coaching & Training Asia
8435 Major, Mirabel
Quebec, Canada
J7N 1Y2

|M: +1 514 298 5144

Website www.coaching-asia.com
Email michel@coaching-asia.com



Mentoring and Coaching Approach

- Executive Coaching and Mentoring as a Leadership Solution Focus Development Tool, rather than a problem-solving mechanism.
- In-person face to face mentoring and coaching.
- Regular and structured meetings, with fixed engagements (usually 6 to 12 months).
- Adoption of industry standards for training and certification (CAC, CAM, ICF, ICC).

Examples of Previous Sports Assignments in Canada

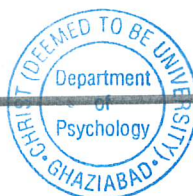
1. Head Coach Montreal International Multi Sports Club
2. Mental Coach Quebec and Canada Figure Skating Association
3. Mental Coach Synchro Elite of Quebec
4. Mental Coach Les Pirouettes de Laval (Figure Skating)

Examples of Sports Organisation's Assignments

1. Athletics Canada Observation Delegation Representative at the 1972 Munich Olympic Games
2. Comite Organisateur des Jeux Olympiques de Montreal (COJO) as Manager of the Athletics Training Venues for the Games of the XXI Olympiad
3. Coaching Association of Canada (CAC) as High-Performance Consultant and Coordinator of the NCCP Curriculum Revision and French Edition (1985 – 1990)
4. International Association of Athletics Federations (IAAF) Consultant & Course Director (1985 – 1997)
5. National Sports Council of Malaysia (1989 – 1992) Consultant
6. Commonwealth Games Association of Canada as Manager of the Commonwealth Sports Development Programme in Sri Lanka and Liaison Officer with Malaysia Commonwealth Games Organizing Committee (SUKOM 98 – 1994 -1996)
7. National Sports Institute of Malaysia (1997 – 2019) Performance Lifestyle Consultant to PODIUM Program Athletes (Olympic Games, Commonwealth Games, Asian Games, South East Asian Games)

Personal Philosophy

"I believe passionately that ordinary people can do extraordinary things if we recognise and challenge the assumptions that hold us back from realising our full potential."



Michel Gagne trains and turn Executives and Managers into coaches. ***While Coaching is not a new concept, he advocates that without coaching, training loses its effectiveness rapidly, and often fails to achieve the lasting behavioural changes needed.***

Michel recognizes in all of the Manager Coaching Programs that he has set up and delivered in companies there is always an element of ***"know thyself"*** in them whether it be managerial styles, leadership style, learning styles etc... It produces significant tangible and intangible ROI results in business and permanent changes in business behavior.

It's all about understanding other people and how to communicate and get the best out of other people.

Most of the coaching is done in person (face to face) as it is the most effective method to get the BEST out of the BEST.

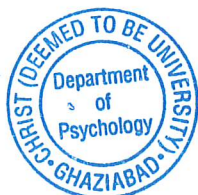
While training is an "event", coaching is a "process", which is a valuable next step to training to ensure that the new knowledge imparted, actually becomes learned behaviour.

He recognizes that the top of the work practices in any Business are the Building of Lifelong Business Relationship. Customers are the end of any business and Employees are the means. Is Concept of CRM (Customer Relationship Management) is based on the fact that all it takes is to Lead People, Delight People and Make People Loyal to create a stream of perpetual income! The key word in the coaching phrase is relationship.

How can you have a computer application manage a relationship?

Examples of Current and Recent Corporate Assignments

1. Entrepreneurs' Organization (EO)
2. BASF Chemical APAC Service Centre
3. Brunei Prime Minister Office
4. Danone Dumex (Malaysia) Sdn. Bhd.
5. Borneo Convention Centre Kuching
6. Resorts World Genting Berhad
7. Mead Johnson Nutritionals (Thailand)
8. Fraser & Neave (F&N) Bhd
9. AstraZeneca APAC Business Service
10. Robert Bosch (Malaysia) Sdn Bhd
11. PetroChina International (Singapore)
12. UNDP United Nations Development Programme (Malaysia)
13. MAYBANK Berhad
14. Brunei Economic Development Board
15. Bahrain Electricity and Water Authority
16. Telekom Malaysia Berhad (TM).
17. TrendMICRO (India)
18. CertisCISCO Security (Singapore)
19. INTEL Technology (Malaysia & China)
20. SSM Malaysia Companies Commission
21. MISC Berhad (Sea Division)
22. Phillip Morris Sdn Bhd
23. Malaysia Mining Corporation Bhd (MMC)
24. Multimedia Development Corporation
25. Bank Kerjasama Rakyat Malaysia Bhd
26. Lloyd's Register of Shipping (M) Bhd
27. RHB Bank Berhad
28. UNEP United Nations Environment Programme (Middle East)
29. Airfoil Services Malaysia (Lufthansa)
30. University du Quebec in Trois Rivieres



Professional Affiliations

Dr. Michel Gagne is a Member of the Oxford Association of Management in the Grade of Certified Doctor of Business Administration and a Grand Doctor of Philosophy with the International University of Fundamental Studies of St-Petersburg, Russia.

Dr. Michel is a Founding Fellow of the Harvard Medical School Institute of Coaching Professional Association (USA).

Dr. Michel is a Founding Fellow of the World Society of Sports & Exercise Medicine and a Breatheology Master Instructor.

Dr. Michel received the 100 Best Global Coaching Leaders Award, World HR Congress, Mumbai 2017

He is a Certified Coach Facilitator with Corporate Coach U. International. Michel is an active member of the International Coach Federation (ICF) and the International Coaching Community (ICC).

Dr. Michel Gagne Profile

Michel Gagne started training coaches in 1975 in Quebec, Canada. For 10 years his train the trainer program has successfully contributed to more than 35,000 coaches in Canada (NCCP) and over 5,000 Managers in Asia.

Michel is a Breatheology Master Instructor, a Sophrologist, a Certified Breatheology Master Instructor and a Certified Counselor with the International Society of Mental Training and Excellence. He is also a Certified and Licensed Leader with the Legacy Leadership Institute of Dallas, Texas and a Certified NLP Coach with Lambent do Brazil of Sao Paulo and the International Coaching Community (ICC). He is also a Master Course Conductor with the Coaching Association of Canada since 1972.

Michel Gagne is a speaker, facilitator and International Executive and Corporate Coach with more than 40 years of experience and he has been in Asia for more than 30 years. He is a highly skilled communicator and motivator experienced in dealing with the Corporate and Manufacturing Sector, Government, Education, and NGO's.

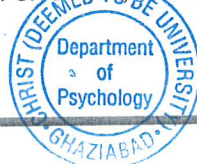
Michel Gagne is bridging Excellence and High Performance in the Workplace with High Performance in Sports.

Excellent motivator, Michel has worked with several Olympic Medallists and Athletes from Canada and abroad since the 1972 Munich Olympic Games. He was involved in the Montreal 1976 Olympic Games as Manager of the Training Venues.

He started getting involved in mental preparation for Olympic Athletes in several sports in Canada and abroad from 1972 until now.

From Canada, Atlanta Olympic Athletic Gold Medallist Bruni Surin and Barcelona Olympic Synchronized Swimming Solo Gold Medallist Sylvie Frechette and the Synchronized Swimming duet of Penny and Vicky Vilagos.

Amongst Asia' world level athletes he worked with are: Squash Eight Times World champion Dato Nicol David, A1/F1 Driver Alex Young, LPGA Golfer Lim Siew Ai from Malaysia, Commonwealth Games Badminton Gold Medallist Rashid Sidek, Barcelona Olympic Medallist Jalani and Rasif Sidek from Malaysia, and Hii King Hung from Sarawak, Bronze Medalist in Taekwondo, Sidney Olympic Sprint Silver Medallist Sushantika Jayasinghe from Sri Lanka, and many more.



He came to Malaysia in 1987 on his way to a survey mission to Korea, for the Coaching Association of Canada to assess the competitive and security environmental factors in preparation for the 1988 Olympic Games. In 1988, he spent three months in Malaysia to train national coaches on the mental side preparation of the games for the 1989 SUKAN SEA. In 1989, he was appointed as Sport Psychology and Mental Training Consultant for the Malaysia Contingent at the 1989 SUKAN SEA, held in Kuala Lumpur, Malaysia (Malaysia finished 2nd).

He came permanently to Malaysia in 1990 as Head of the Sport Psychology and Mental Training Department of the National Sports Institute (Institut Sukan Negara). He later contributed to the overall mental training and preparation of the Malaysian Contingent for the successful 1998 Commonwealth Games in Kuala Lumpur (10 Gold Medals and fourth placing overall).

His last contribution as Head of the Sport Psychology and Mental Training Department of the National Sports Institute was the supervision of the overall preparation of the Malaysian Contingent for the 21st SEA Games. **Malaysia won the first placing with a total of 111 gold medals (the BEST EVER).**

He left the position of Head of the Sport Psychology and Mental Training Department of the National Sports Institute (Institut Sukan Negara) in 2002 to pursue his career in South East Asia as CEO and Executive Master Coach of Coaching and Training Asia Sdn Bhd.

Michel has directed courses and lectured in all of Canada; in the European Countries of United Kingdom, France, Switzerland, Sweden, Kosovo, Albania and Russia; in the Caribbean Islands of Puerto Rico, St-Kits and Dominica; in the African Countries of Kenya, Senegal, Guinea and Mauritania; in Cairo (Egypt) and Manama (Bahrain) for the Gulf Region; in the Asian Countries of India, Iran, Nepal, Sri Lanka, Thailand, Philippines, Indonesia, Malaysia, Brunei, Cambodia, Singapore, Vietnam, Taiwan and China.

Michel trains and turns executives and managers into coaches. While Coaching is not a new concept, he advocates that without coaching, training loses its effectiveness rapidly, and often fails to achieve the lasting Behaviour changes needed. While **training is an "event", coaching is a "process"**, which is a valuable next step to training to ensure that the new knowledge imparted, actually becomes learned Behaviour.

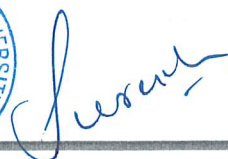
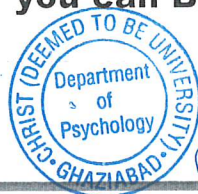
In the last few years he has trained more than 5,000 executive's coaches and managers as coaches in Bahrain, India, China, Malaysia, Singapore, Iran, Thailand, Cambodia, Indonesia and the Philippines. Participants come from various industries such as banking, manufacturing, biochemical, real estates, construction, insurance, telecommunication, information technology, microelectronics, Low Tech., High Tech., governments and many more.

Other Interests

World History, World Heritage, World Culture, Arts, Music and Travelling

Moto

**To BE the BEST, You have to Learn from the BEST!
Be the BEST you can BE, nothing else!**



1. DR. MICHEL GAGNE'S BACKGROUND:

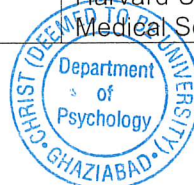
No.	Items	
1.	Name	Dr. Michel Gagne
2.	Passport Number	HH235289
3.	Nationality	Canadian
4.	Residential Address	Michel Gagne B3-18-11 CYPHERUS Tower, Tropicana Gardens, No 2A, Persiaran Surian, Tropicana Indah, 47810 Petaling Jaya, Selangor Darul Ehsan, Malaysia
5.	Telephone No.	+60 19 230 3518
6.	E-mail Address	michel@coaching-asia.com
7.	E-mail Address	michelcoach@gmail.com

2. TRAINER'S ACADEMIC QUALIFICATION

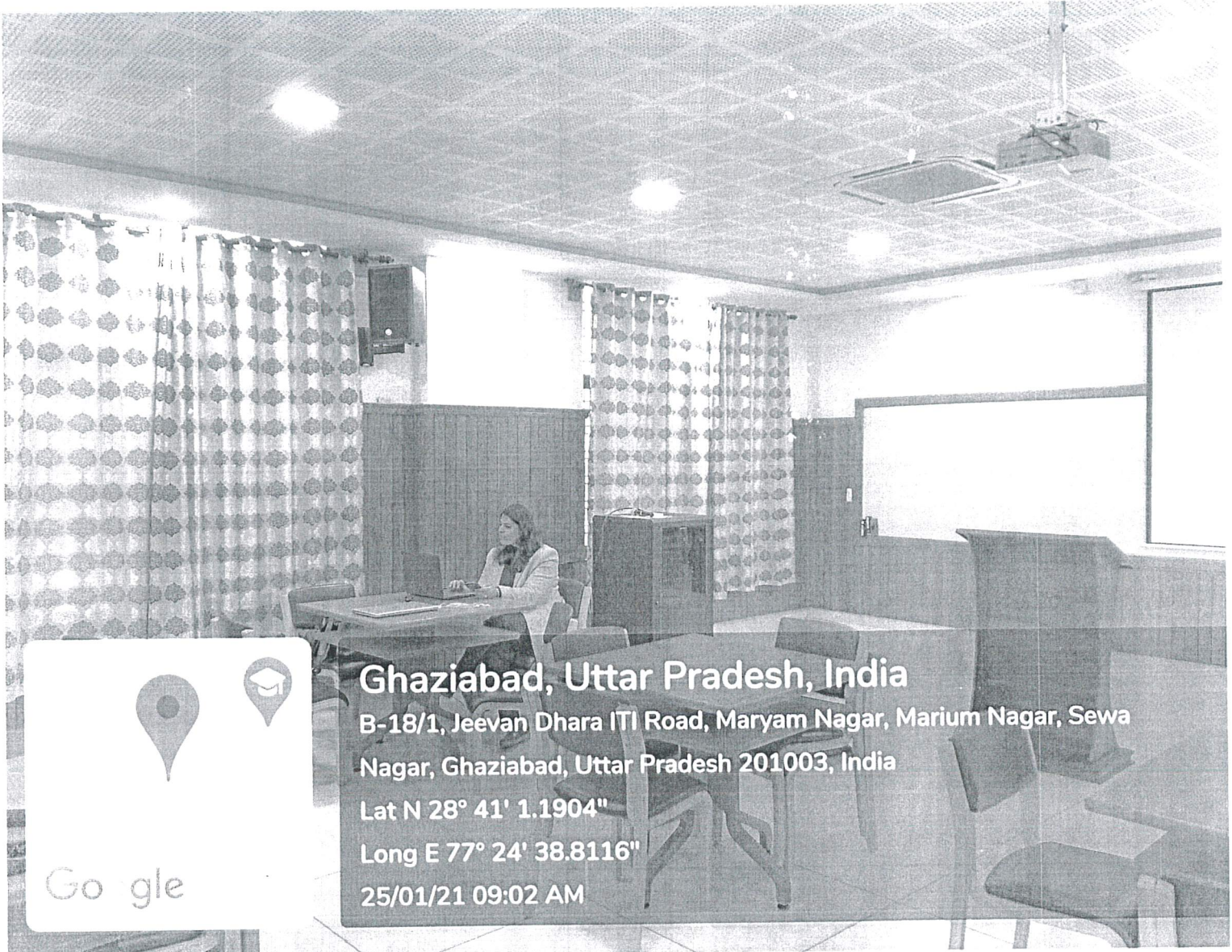
No.	Qualification	Name of University/College	Year Awarded
1	Grand Doctor of Philosophy (Honoris Causa Degree)	International University of Fundamental Studies of St-Petersburg, Russia	2011
2	Certified Doctor of Business Administration (CDBA)	The OXFORD Association of Management, Oxford, UK	2007
3	Certified Counsellor	Mental Training Academy, International Society Mental Training Excellence, University of Orebro, Sweden	2001
4	Studies in International Affairs Administration (D.Adm.)	Ecole Nationale d'Administration Publique, Université du Québec, Hull	1987 - 1988
5	D.S.A (Studies in Business Administration)	Ecole des Hautes Etudes Commerciales, Montreal University	1974 - 1978
6	M. Sc. (Studies in Exercise Physiology)	Montreal University	1971 - 1972
7	B. Sc. (with Distinction)	Montreal University	1967 - 1971

3. PROFESSIONAL RECOGNITION AND AWARD:

No.	Professional Certification	Certification Body	Year Awarded
1	Founding Member European Mentoring & Coaching Council Asia Pacific Region	EMCC Asia Pacific Region	2019
2	Founding Fellow of the World Society of Sports & Exercise Medicine	WSSEM, Kuala Lumpur, Malaysia	2016
4	Founding Fellow of The Institute of Coaching	The Institute of Coaching Mc Lean Hospital, USA Harvard University Medical School Affiliate,	2010



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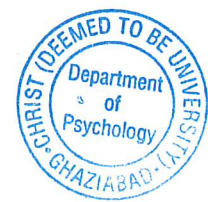
Ghaziabad, Uttar Pradesh, India

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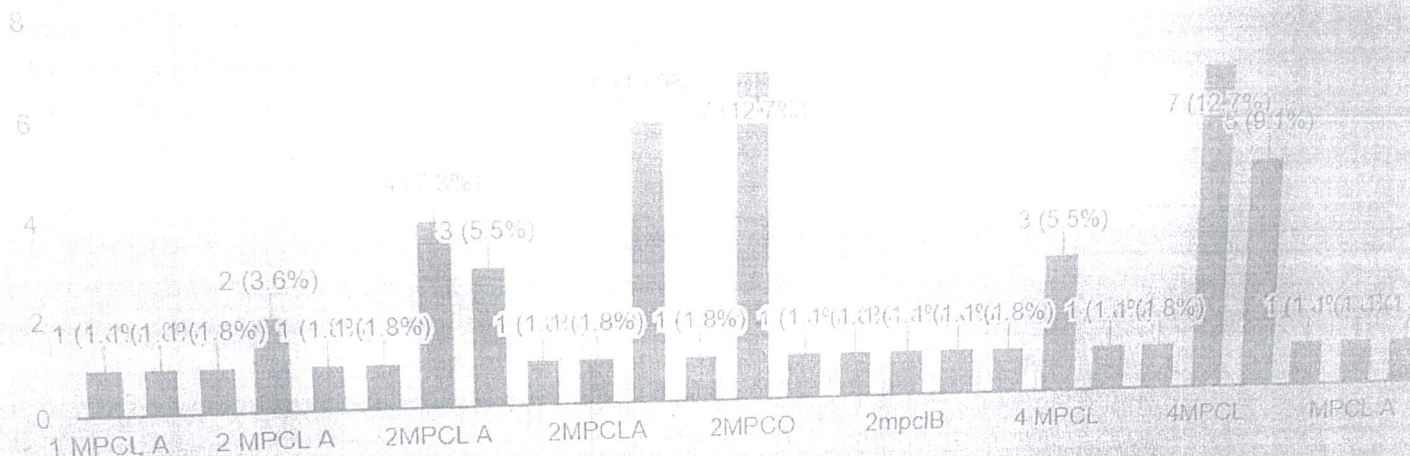
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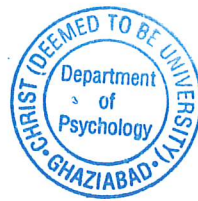
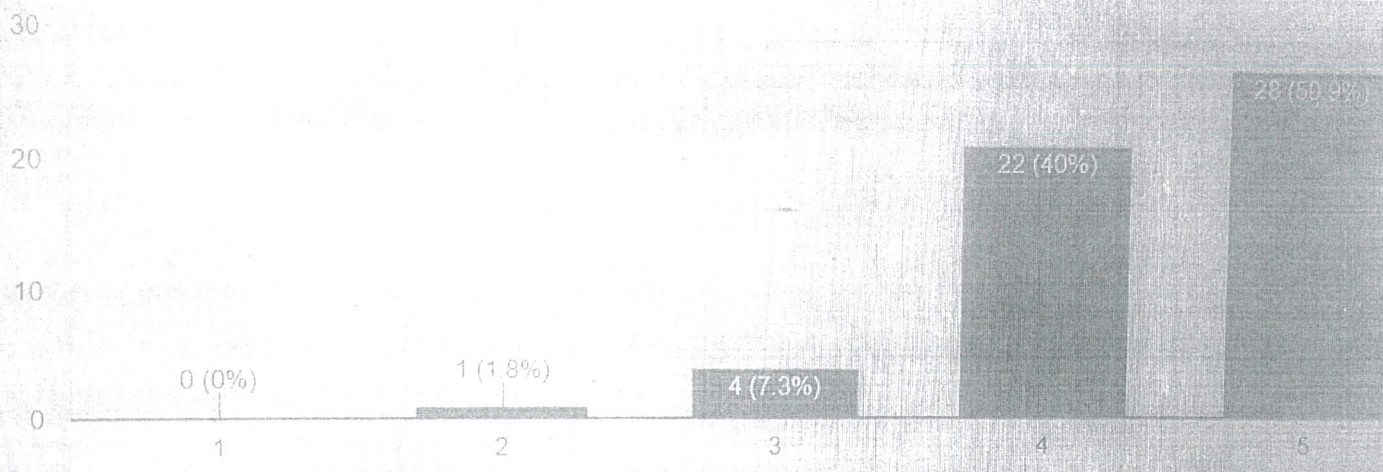
5 responses



Susanta

How relevant was the content

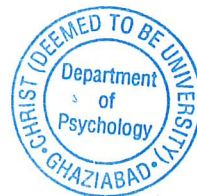
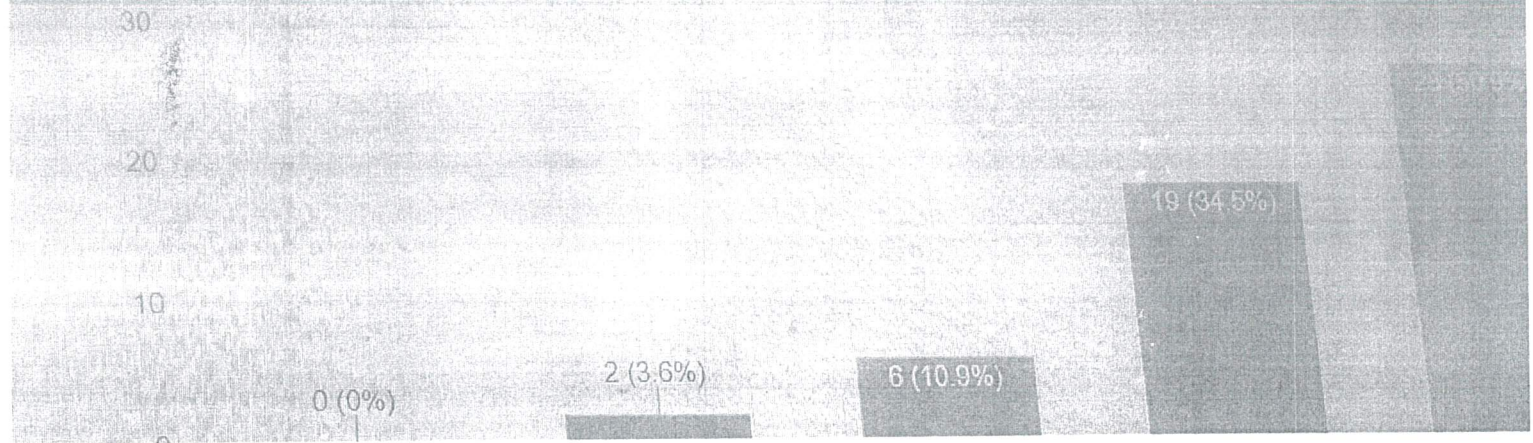
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How practical was the content?

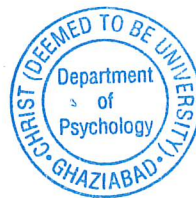
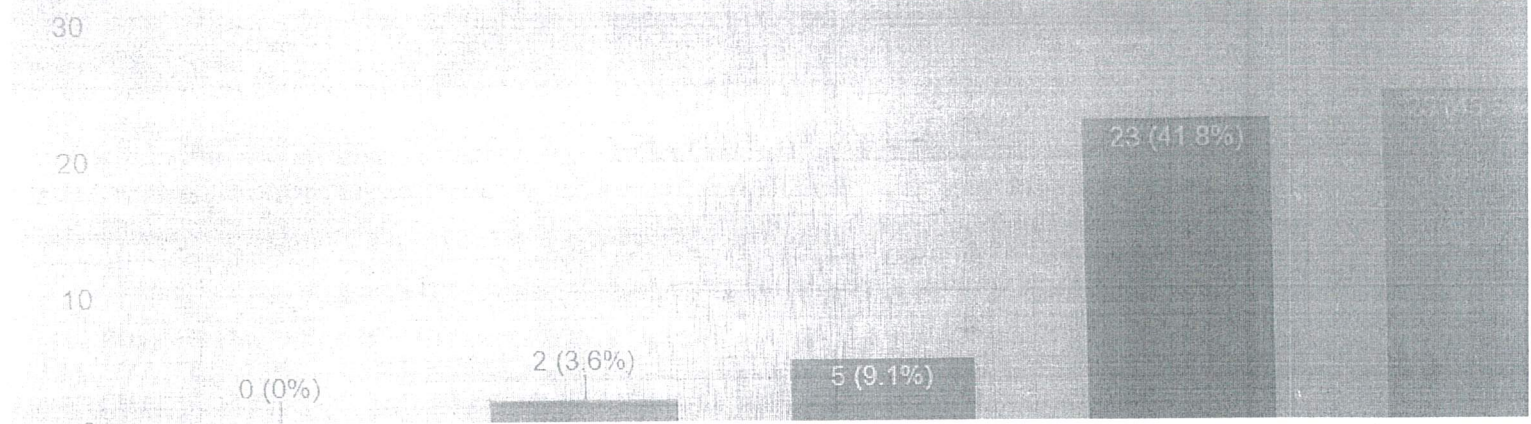
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Insightful was the content?

Responses



Suresh

ate the complexity of the content

5 responses

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5 (9.1%)

21 (38.2%)

20 (36.4%)

6 (10.5%)

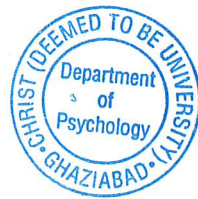
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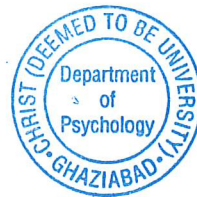
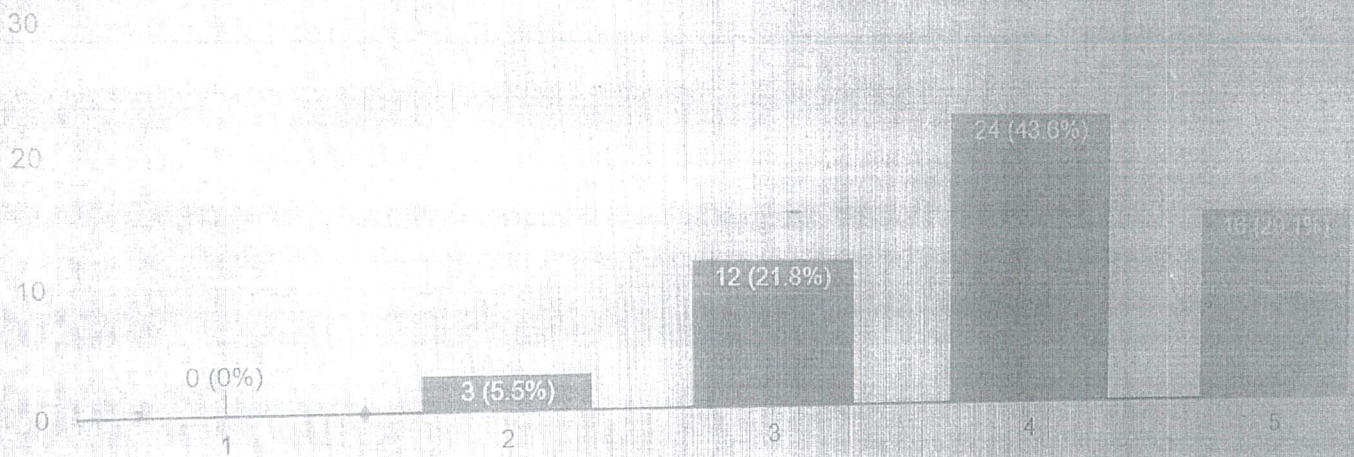
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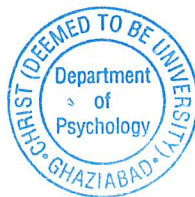
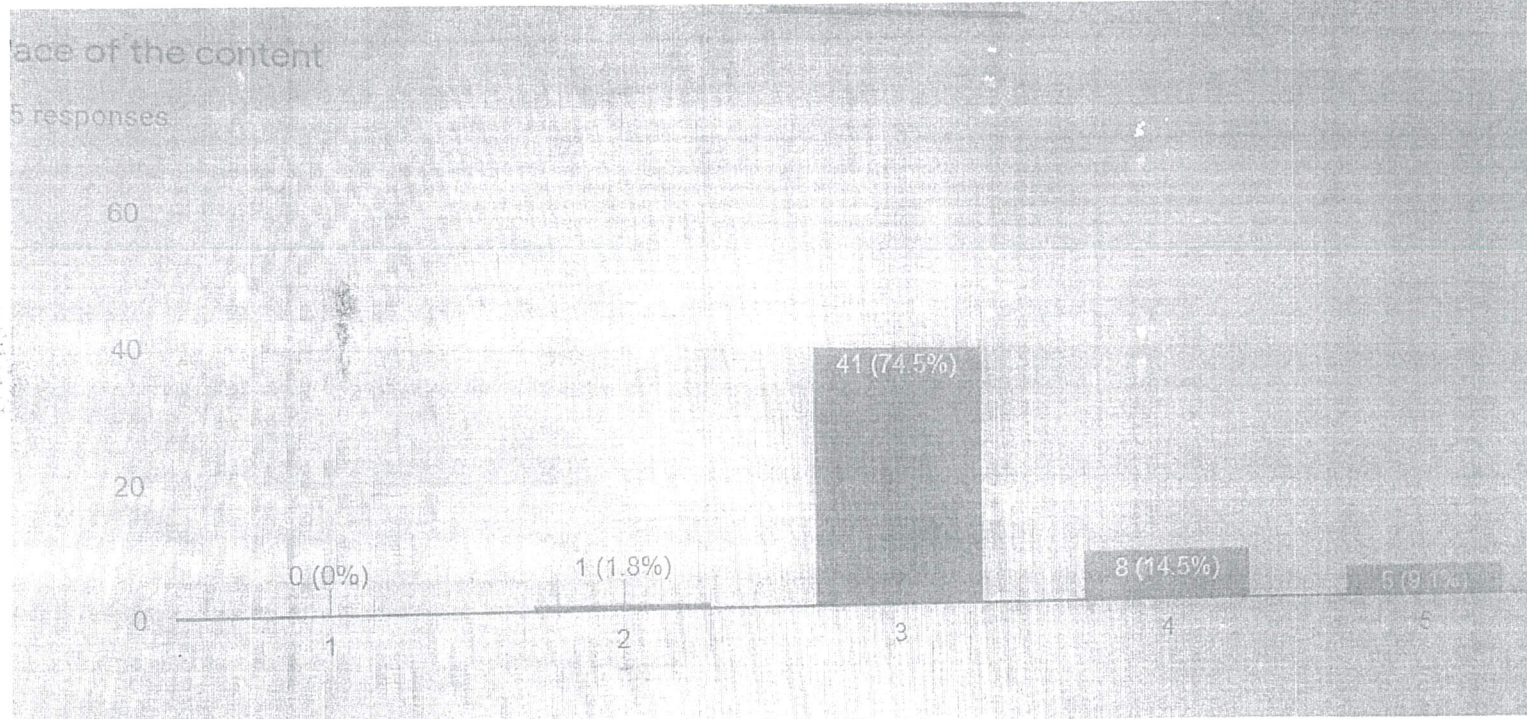
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Rate how engaging was the content

55 responses



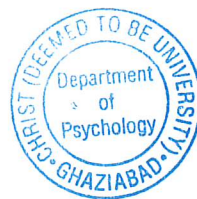
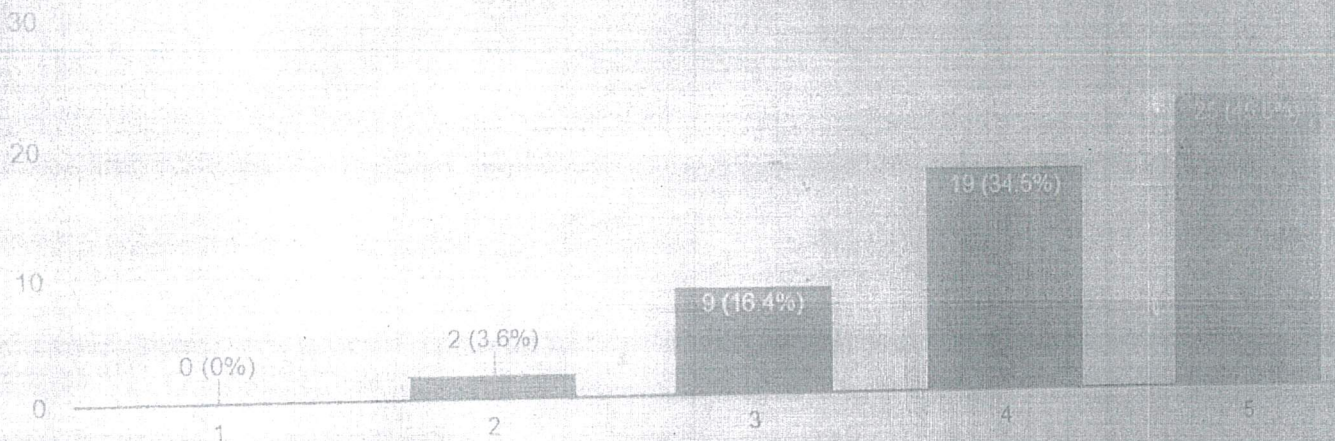
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Suraj

Clarity of expression of the speaker

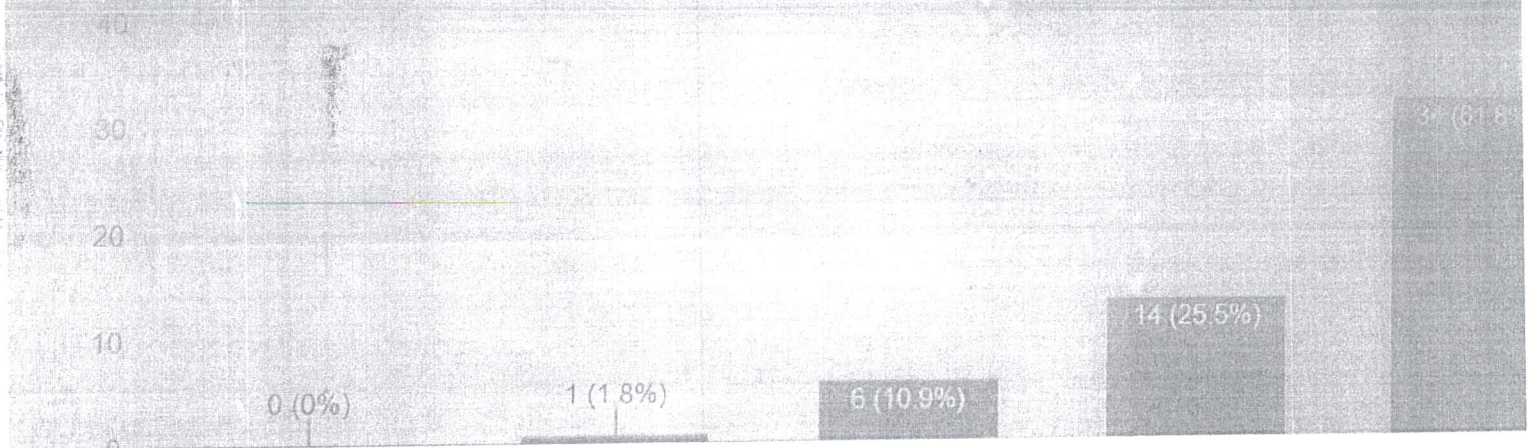
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Etiquette of the speaker

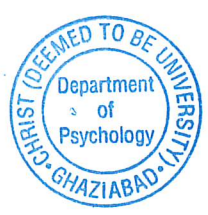
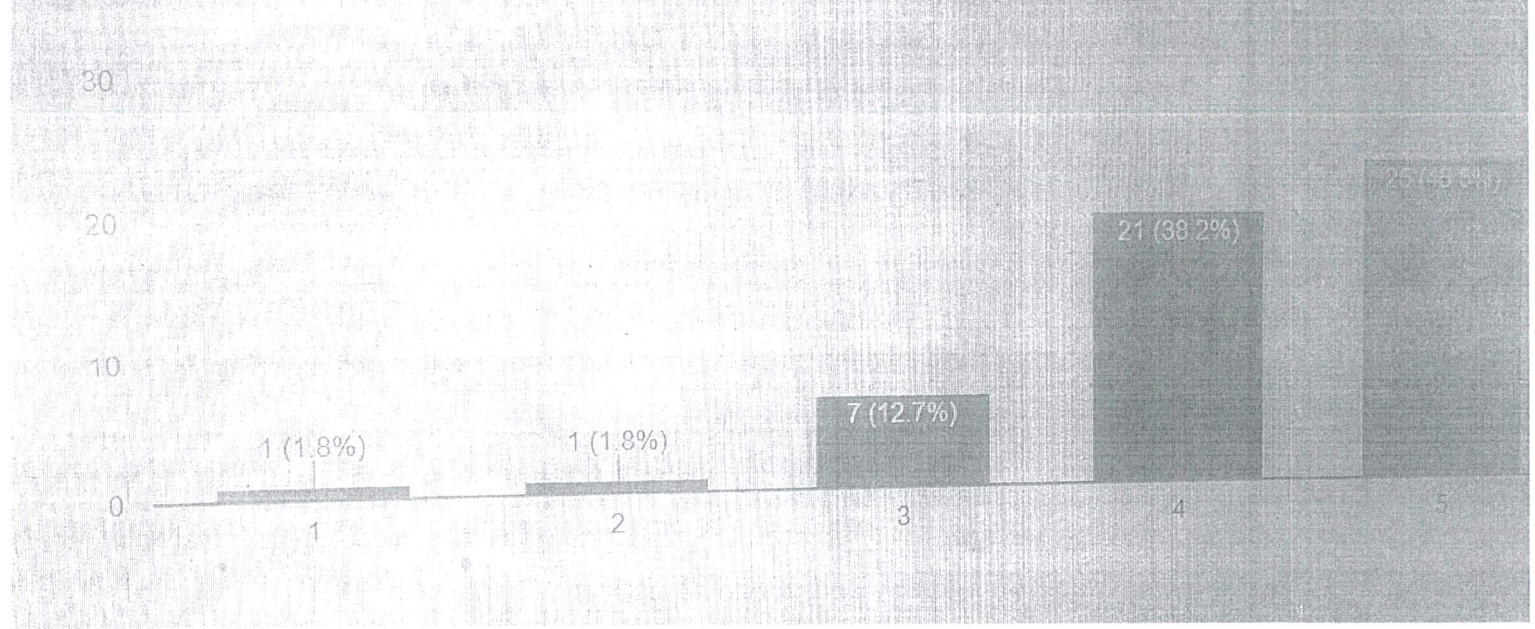
responses



Signature

How would you rate the overall experience of attending workshop?

Responses



Signature

Your takeaway from the workshop

55 responses

That our mind can be the one stop controller of our almost every response and thus help us cope in both ways than we know now

Resilience

Breathing exercises and its importance

All stress is not bad

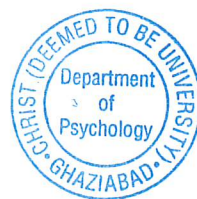
Forgotten art of breathing

Importance of stress in life

Asians do not research on their own cultural qualities

Breathing exercises

That calm is the key not to relax amidst the storm



Surain

Your takeaway from the workshop

55 responses

That calm is the key not to relax amidst the storm

How to tackle the stress

Don't run away from stress

Importance of breathing exercises and the role of stress in our lives.

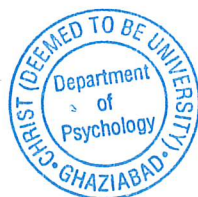
Stress can help be more self aware

Gave us insights into alot of things unknown to us

It was enlightening, and knowledge about how stress could be managed, and techniques to handle stress

It was a good session

The part where the speaker said that we teach ourselves and gain knowledge by ourselves



Surendra

Your takeaway from the workshop

55 responses

It was a good session

The part where the speaker said that we teach ourselves and gain knowledge by ourselves

It was really insightful and knowledgeable.

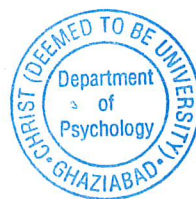
I really liked the concept of mind and body connection

It truly helped me understand how a person must learn to move out of their shell of helplessness and be able to find solutions to their problems.

If we put our mind in any work we can prepare and learn anything

"First handle the body then the mind". "Stress can be positive, if you know how to take it that way. Importance to deep breathing and mediation as well as developing a sense of control even if it is illusionary.

The joy that lies within stress and how we can control it.



Suven

Your takeaway from the workshop

55 responses

The joy that lies within stress and how we can control it.

Stress management and resilience

Sports psychology

It was an insightful session

Learnt about how stress is important in life

Extremely insightful

Childhood inhibitions stop you from exploring your potential, the elephant example

Mindful breathing and being calm are two of the easiest ways to cope with stress

a positive perspective towards stress



Surendra

Your takeaway from the workshop

55 responses

Mindful breathing and being calm are two of the easiest ways to cope with stress

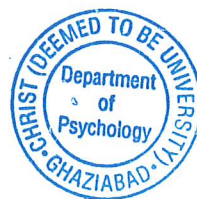
a positive perspective towards stress

stress is mandatory to accomplish

I learnt how easy it is for us to get stressed. Yet, as i was told today, it is equally easy to control our own stress. We just need to learn how to breathe and calm down.

it was very insightful. i look forward for more such sessions. those words were also very inspiring.

Stress handling techniques



Surabh

Your takeaway from the workshop

55 responses

The joy that lies within stress and how we can control it.

Stress management and resilience

Sports psychology

It was an insightful session

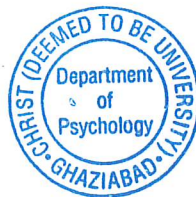
Learnt about how stress is important in life

Extremely insightful

Childhood inhibitions stop you from exploring your potential, the elephant example

Mindful breathing and being calm are two of the easiest ways to cope with stress

a positive perspective towards stress



Surendra

Your takeaway from the workshop

55 responses

Good coping mechanisms and reducing workload

It was a learning experience.

NA

Stress can be helpful and that what we make out of it is what matters.

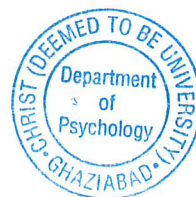
Conscious living is conscious breathing. Stress is the spice of life not the killer.

The importance of breathing and also about scope in sports psychology

Stress can be viewed from different perspectives.

How stress can be joyful too

joy of engaging in constructive stress: feelings and conditions work in tandem



Sweet

Stress can be viewed from different perspectives.

How stress can be joyful too

joy of engaging in constructive stress. feelings and cognitions work in tandem

The essence of how stress if perceived the right way can be helpful. Every profession has stress and it is difficult to live a life with no stress so we should be able to understand it in order to overcome it.

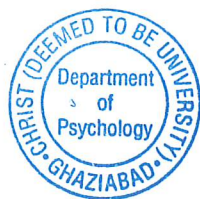
Practice mindfulness

How stress is not always detrimental and may be required in some cases

Stress is great

A unique perspective to see stress

Very insightful



Senora