

# Mastering Mental Wellness in Tech

**Duration:** 1 Day

**Time:** 9:00 AM - 5:00 PM

**Mode:** Physical

**CONTACT US FOR PRICING!**

*\*Terms & Conditions Apply*

## Overview

This one-day workshop equips tech professionals with tools and techniques to manage stress, build resilience, and enhance mental well-being in high-pressure environments.

Through mindfulness practices, stress management strategies, and creative methods like art therapy, participants will create a personalized wellness plan to balance work and mental health effectively.

The program emphasizes practical skills, interactive exercises, and fostering a supportive workplace culture.

## Instructor-Led



**TRAINER**  
Fahim Zulkafli

## Learn with 24co today!



## Course Objectives:



- Understand mental wellness challenges and strategies in tech.
- Master techniques for stress management, resilience, and mindfulness.
- Create a personalized wellness plan for long-term balance.

## Course Outline

[DOWNLOAD COURSE DETAILS](#)

Day 1
Module 1 — Understanding Mental Wellness in Tech
Module 2 — Building Resilience in a Fast-Paced Industry
Module 3 — Cultivating Mindfulness and a Sustainable Wellness Plan

*"Mental wellness is the foundation of innovation in tech—prioritize your mind to unlock your full potential."*



## Why Take This Course?



### At the end of the session, you will:

- Recognize stress triggers and apply effective management techniques.
- Develop resilience and mindfulness for better focus and clarity.
- Create a wellness plan to sustain mental health and work-life balance.

## Target Audience

- Tech professionals prioritizing mental health and productivity.
- Managers fostering healthier, more supportive workplaces.
- Individuals seeking practical and innovative self-care strategies.

## Bring Your Own Device

Participants are required to bring their own laptop or tablet for the class.

**Hear from Our Customers**  
Testimonials & Feedbacks

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# Interested?

## Request This Course With Us Today!

Scan the QR code or register via: <https://twenty-four.io/contact/>



## Contact Us

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## Terms and Conditions

1. **Pricing Details:** Contact us for pricing information.
2. **Certificate of Completion:** Certificates are awarded to participants who complete the sessions.
3. **Course Materials:** All materials provided are strictly for personal use and must not be reproduced.



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