

# **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 wellbeing 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

#### **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.

# Learn with 24co today!







## **Course Outline**

**DOWNLOAD COURSE DETAILS** 



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."









hello@twenty-four.io





## 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.



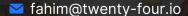
# Interested?

**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.
- Certificate of Completion: Certificates are awarded to participants who complete the sessions.
- Course Materials: All materials provided are strictly for personal use and must not be reproduced.











