

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

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

Learn with 24co today!



"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

[Read All Testimonials ->](#)

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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