

## COURSE OUTLINE

# Mastering Mental Wellness in Tech



# Mastering Mental Wellness in Tech

**Duration:** One day (9:00 AM to 5:00 PM)

**Method:** Instructor-led

**Mode:** Physical

**Level:** Beginner to Intermediate

**Instructor:** Fahim Zulkafli

## Overview

In the fast-paced tech industry, maintaining mental wellness is crucial. The constant demands of innovation, tight deadlines, and ongoing learning can lead to stress, burnout, and emotional fatigue. This one-day workshop helps tech professionals prioritize mental well-being while staying on top of their careers.

Participants will learn practical methods to manage stress, build resilience, and practice mindfulness to improve focus and clarity. The workshop also introduces creative approaches like art therapy for managing emotions and reducing stress. Through evidence-based strategies and interactive exercises, attendees will leave with actionable skills and a personalized wellness plan.

Designed for tech professionals, managers, and anyone seeking innovative self-care techniques, this workshop offers tools to foster a supportive work culture and achieve lasting work-life balance.

## Course Objectives

- **Understand the unique challenges** of maintaining mental wellness in the tech industry.
- **Recognize stress triggers** and early signs of burnout to prevent escalation.
- **Master techniques** for stress management, mindfulness, and resilience-building.
- **Explore art therapy** as a creative tool for self-expression and emotional balance.
- **Design and implement** a personalized wellness plan for long-term mental health.

## Who This Course is For

This course is suitable for:

- **Tech professionals** aiming to enhance their mental health and productivity.

- **Managers** seeking strategies to create healthier, more supportive workplaces.
- **Individuals** looking for innovative and practical approaches to self-care.

## Prerequisites

No prior experience with mental wellness practices is required. Participants should come with an open mind, a willingness to learn, and an interest in improving their mental well-being. No artistic skills are needed for the art therapy module.

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### Module 1 — Understanding Mental Wellness in Tech

#### *Overview:*

- Identify common stressors and their impact on mental and physical health.
- Recognize early signs of burnout and techniques to address them.
- Introduce stress management strategies.

#### *Practical Activity:*

Participants will first complete a stress self-assessment to identify personal triggers. Following this, they will engage in an art therapy exercise, creating a visual "stress map" using colors and shapes to represent their stressors and coping mechanisms.

#### *Learning Outcome:*

Participants will understand their personal stressors and learn techniques, including creative expression, to manage stress effectively.

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### Module 2 — Building Resilience in a Fast-Paced Industry

#### *Overview*

- Understand resilience and its importance in high-stress environments.
- Develop emotional regulation techniques for better stress recovery.
- Learn to cultivate a growth mindset for navigating setbacks.

#### *Practical Activity*

Participants will engage in a guided journaling exercise to reflect on past challenges and how they overcame them. They will then design a resilience toolkit, outlining key strategies and resources for maintaining mental strength.

### *Learning Outcome*

Participants will develop personalized resilience strategies, helping them recover from setbacks and maintain emotional balance.

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## **Module 3 — Cultivating Mindfulness and a Sustainable Wellness Plan**

### *Overview*

- Learn the principles of mindfulness and its role in mental wellness.
- Practice mindfulness techniques for improving focus and reducing anxiety.
- Create a personalized wellness action plan for long-term well-being.

### *Practical Activity*

Participants will first participate in a guided mindfulness session to practice techniques like mindful breathing and gratitude journaling. They will then create a personalized mental wellness plan, integrating mindfulness, stress management, and resilience strategies.

### *Learning Outcome*

Participants will leave with actionable mindfulness practices and a comprehensive mental wellness plan tailored to their individual needs.

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## **Closing Session**

- Recap of key takeaways.
- Open discussion and Q&A.
- Sharing additional resources and support networks for continuous learning.



## HARMONIZING OUR SKILLS WITH YOUR ASPIRATIONS

### CONTACT US

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