

EMPOWERING TALENTS SERIES
2025



IDRAK



**WELLBEING & STRESS
MANAGEMENT**

**CLASSROOM
COURSE**

**WELLBEING
IN THE
WORKPLACE**

**EMPLOYEES AT
ALL LEVELS**

1 DAY

Ms. Afnan
ALHARBI

Program

OVERVIEW

IN TODAY'S DEMANDING WORK ENVIRONMENT, EMPLOYEE WELLBEING IS NO LONGER A LUXURY BUT A NECESSITY. THIS ONE-DAY COURSE FOCUSES ON EQUIPPING PARTICIPANTS WITH THE KNOWLEDGE AND SKILLS TO RECOGNIZE, ADDRESS, AND PROMOTE MENTAL HEALTH IN THE WORKPLACE. BY EXPLORING KEY MENTAL HEALTH CHALLENGES, STIGMA REDUCTION, SELF-CARE PRACTICES, AND EFFECTIVE SUPPORT STRATEGIES, PARTICIPANTS WILL GAIN THE TOOLS TO FOSTER A CULTURE OF MENTAL HEALTH AWARENESS AND SUPPORT.

Key TAKEAWAYS



- **IMPORTANCE OF MENTAL HEALTH AWARENESS**
- **RECOGNIZING COMMON MENTAL HEALTH CHALLENGES**
- **IDENTIFYING SIGNS AND SYMPTOMS OF MENTAL HEALTH ISSUES**
- **REDUCING STIGMA AND PROMOTING EMPATHY**
- **MASTERING SELF-CARE AND WORK-LIFE BALANCE**
- **CREATING A SUPPORTIVE WORK ENVIRONMENT**
- **SUPPORTING COLLEAGUES WITH EFFECTIVE COMMUNICATION**
- **FOSTERING A CULTURE OF MENTAL HEALTH AWARENESS**

Why ATTEND?

- **ENHANCE AWARENESS:**
- **FOSTER EMPATHY**
- **DEVELOP PRACTICAL SKILLS**
- **IMPROVE TEAM DYNAMICS**
- **PROMOTE POSITIVE WORK CULTURE:**
- **DRIVE LONG-TERM CHANGE**