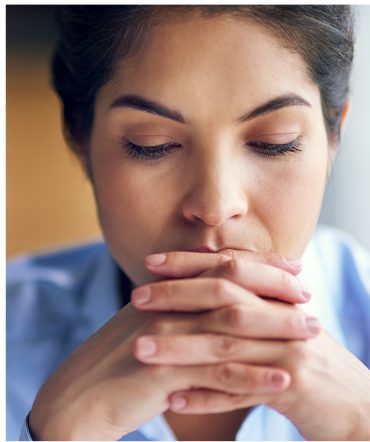


RESILIENCE UNDER PRESSURE

Live Virtual

A HIGH-IMPACT ONE DAY LIVE VIRTUAL MASTERCLASS THAT EMPOWERS PARTICIPANTS TO MASTER STRESS, BUILD RESILIENCE, AND SUSTAIN PEAK PERFORMANCE.



SERGIO MOUKARZEL
TRAINER AND COACH

IN TIMES OF CRISIS, WELL-BEING ENABLES INDIVIDUALS TO MANAGE STRESS, SUSTAIN PERFORMANCE, AND REMAIN RESILIENT UNDER PRESSURE.



SCAN TO REGISTER

WHO SHOULD ATTEND?

ALL EMPLOYEES ACROSS ALL LEVELS, INCLUDING LEADERS, MANAGERS, AND INDIVIDUAL CONTRIBUTORS WITHIN GCC ORGANIZATIONS

WHAT WILL WE COVER?

1. UNDERSTANDING WELLBEING AT WORK
 - * HOLISTIC WELLBEING: MENTAL, EMOTIONAL, AND PHYSICAL
 - * IMPACT ON PERFORMANCE, ENGAGEMENT, AND PRODUCTIVITY
 - * MODEL: ENERGY → FOCUS → BEHAVIOR → RESULTS
2. STRESS & ENERGY AWARENESS
 - * UNDERSTANDING STRESS TRIGGERS
 - * GOOD STRESS VS. CHRONIC STRESS
 - * ACTIVITY: PERSONAL ENERGY AND STRESS MAPPING
3. MINDSET & EMOTIONAL REGULATION
 - * THOUGHT-EMOTION-BEHAVIOR CONNECTION
 - * MANAGING NEGATIVE THINKING PATTERNS
 - * TECHNIQUES FOR STAYING CALM AND FOCUSED UNDER PRESSURE
4. BUILDING DAILY WELL-BEING HABITS
 - * BALANCING WORK DEMANDS AND PERSONAL ENERGY
 - * ACTIVITY: “DESIGN YOUR DAILY RESET ROUTINE”
5. POSITIVE WORK ENVIRONMENT & RELATIONSHIPS
 - * CREATING SUPPORTIVE AND RESPECTFUL INTERACTIONS
 - * ACTIVITY: “WELLBEING IN ACTION” SCENARIOS
6. RESILIENCE & MENTAL FITNESS
 - * BOUNCING BACK FROM PRESSURE AND CHALLENGES
 - * KEY RESILIENCE DRIVERS: MINDSET, SUPPORT, PURPOSE
 - * QUICK RESILIENCE SELF-CHECK ACTIVITY
7. PERSONAL WELL-BEING ACTION PLAN



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