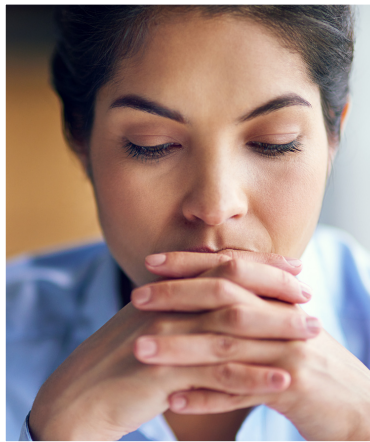


RESILIENCE UNDER PRESSURE *Webinar*

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



SERGIO MOUKARZEL
TRAINER AND COACH



MONDAY, 06 APRIL 2026
12:30-14:00 PM

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



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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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