



London TDM

Soft Skills and Personal Development Training Courses

Course Venue: Malaysia - Kuala Lumpur

Course Date: From 02 November 2025 To 06 November 2025

Course Place: Royale Chulan Hotel

Course Fees: 6,000 USD

Introduction

Understanding and managing stress is crucial for maintaining mental wellness and enhancing overall life satisfaction. This 5-day course on "Stress Management and Mental Wellness" is designed to equip participants with the necessary knowledge and skills to identify stressors, adopt effective coping strategies, and cultivate lasting mental well-being. Through a combination of theoretical insights and practical exercises, learners will be empowered to lead a more balanced and fulfilled life.

Objectives

- Understand the relationship between stress and mental health.
- Identify personal and professional stressors and their impacts.
- Explore various stress management techniques and tools.
- Develop personalized action plans for improved mental wellness.
- Enhance emotional intelligence and resilience in stressful situations.

Course Outlines

Day 1: Understanding Stress and Its Impact

- Introduction to stress: Definitions and concepts
- Types of stress: Acute, episodic, and chronic stress
- The physiology of stress: The body's response to stress
- Impact of stress on mental health and well-being
- Identifying personal stressors and their effects

Day 2: Stress Assessment and Awareness

- Self-assessment: Understanding your stress levels
- Stress diaries: Tracking and recognizing patterns
- Mindfulness and awareness practices for stress management
- Emotional intelligence: Recognizing and managing emotions
- Group discussion: Sharing experiences and insights

Day 3: Techniques for Stress Management

- Breathing exercises and relaxation techniques
- Meditation and its benefits for stress reduction
- Cognitive-behavioral strategies for stress management
- Time management and prioritization as stress reducers
- Exploring alternative therapies and holistic approaches

Day 4: Cultivating Resilience and Positive Mindset

- Building resilience in the face of adversity
- Developing a growth mindset for mental strength
- Positive psychology practices for daily life
- Creative expression as a stress outlet
- Case studies: Real-life applications of resilience strategies

Day 5: Creating a Personal Stress Management Plan

- Review of stress management techniques and strategies
- Developing a personalized stress management plan
- Setting realistic goals for mental wellness
- Strategies for maintaining long-term mental health
- Course wrap-up and evaluation of learning outcomes