



London TDM

# Soft Skills and Personal Development Training Courses

**Course Venue:** Malaysia - Kuala Lumpur

**Course Date:** From 23 November 2025 To 27 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