

Course Name: ***Mental Wellness Through a Mindset Change***

Synopsis

We believe by teaching people how to identify their unhelpful thoughts, emotions and behaviours, we can empower them to live happier, healthier and more fulfilling lives. We strive to create a culture of compassion, curiosity and growth, where people can learn from each other and support each other on their journeys to personal development. This program is to empower individuals to overcome mental health challenges and enhance their well-being by teaching them to be aware of their daily thoughts and belief system that does not serve their mental health. It is also to provide these individuals with tools to change their mindset, build a new habit and manifest a life they envision for themselves.

What You Will Learn

After completing this session, participants will:

- Have better awareness on thoughts which does not serve them.
- Know how to get themselves out from the negative feedback loop of an emotion.
- Know how to form new habits and
- change their mindset to improve their mental wellness.
- Know how to manifest what they want by using the Manifestation Protocol

Who Should Attend

Mental health programs can be beneficial for a wide range of individuals. Here are some groups who could benefit:

People experiencing mental health challenges: This includes individuals dealing with anxiety, depression, bipolar disorder, schizophrenia, and other mental health conditions.

Family members and caregivers: Those who care for individuals with mental health issues can benefit from learning about how to support their loved ones effectively and maintain their own well-being.

Students: With the increasing awareness of mental health issues among students, programs tailored to their needs can help them manage stress, anxiety, and other challenges related to academic and personal life.

Workplaces: Employees may experience stress, burnout, and other mental health issues due to work-related pressures. Mental health programs in the workplace can promote well-being, reduce stigma, and improve productivity.

Community members: Mental health programs offered in communities can provide support, education, and resources for individuals who may not have access to other mental health services.

Specific demographics: Certain groups may face unique mental health challenges. Tailored programs can address their specific needs.

Individuals interested in prevention: Even those who haven't experienced significant mental health issues can benefit from programs focused on stress management, resilience building, and maintaining overall well-being.

This course is catered to all creative professionals, whether you're a graphic designer, web/UI wizard, or anyone looking to supercharge your work output and boost your CV, this course is tailor-made for you.

Prerequisite

N/A

Course Methodology

The following methods are used for this program:

- Lecture
- Group Discussion Demonstration
- Practical Exercise

The trainer uses power point slides to highlight key learning points of each training module.

Course Duration

1 day - 9am - 5pm

Course Structure

Session 1: Mental Health

- Understanding what mental health is.
- The 3 main aspects of mental health.

Session 2: Emotions

- Understanding emotions from the perspective of frequency.
- There are no bad emotions.
- The negative feedback loop – why your emotions seem never ending.

Session 3: Mindset

- Understand what mindset is.
- The link between mindset and mental health.
- Understanding how our brain works.
- Awareness on your thoughts and belief.

Session 4: Habit

- Understanding what habit is.
- 4 steps to building a “New Highway”

Session 5: Manifestation Protocol

- How to manifest what you want