



*Training Course:  
Mental Health and Wellness*

*14 - 18 September 2025*

*Dubai (UAE)*

*Residence Inn by Marriott Sheikh Zayed Road, Dubai*

## Training Course: Mental Health and Wellness

Training Course code: SC235811 From: 14 - 18 September 2025 Venue: Dubai (UAE) - Residence Inn by Marriott Sheikh Zayed Road, Dubai Training Course Fees: 4900 € Euro

### Introduction:

Mental health and wellness have become critical areas of focus for individuals and organizations alike. This program, designed by Global Horizon Training Center, aims to provide participants with comprehensive knowledge and practical tools for improving mental well-being in both personal and professional environments. The training will cover a range of topics, from stress management and resilience building to emotional intelligence and creating a supportive work culture. By the end of this program, participants will be equipped to manage mental health challenges effectively, both for themselves and their teams, fostering a healthy, productive work environment.

### Objectives:

- Understand the importance of mental health and wellness in personal and professional life.
- Learn techniques for managing stress, anxiety, and emotional well-being.
- Develop resilience and coping mechanisms for mental health challenges.
- Enhance self-awareness and emotional intelligence for better decision-making and interpersonal relationships.
- Learn how to foster a supportive and mentally healthy organizational culture.

### Course Methodology:

- Interactive lectures and presentations.
- Group discussions and case studies.
- Practical exercises and mindfulness practices.
- Role-playing scenarios and guided reflections.
- Individual and group assignments for real-life applications.

### Organizational Impact:

Implementing mental health and wellness practices within an organization can lead to:

- Increased employee productivity and engagement.
- Reduced absenteeism and burnout.

- Improved team dynamics and collaboration.
- Enhanced employee retention and job satisfaction.
- A positive work environment that promotes overall well-being.

## Target Audience:

This program is ideal for:

- Managers and team leaders looking to enhance their emotional intelligence and support their team's mental health.
- HR professionals aiming to integrate mental health strategies into the workplace.
- Employees seeking to improve their mental well-being and resilience.
- Anyone interested in learning more about mental health and wellness to create a supportive environment at work or in their personal life.

## Course Outlines:

### Day 1: Introduction to Mental Health and Wellness

- Defining mental health and wellness.
- Common mental health challenges stress, anxiety, depression.
- The importance of mental health in personal and professional life.
- Understanding the impact of mental health on organizational culture.
- Group activity: Sharing personal wellness practices.

### Day 2: Stress Management and Building Resilience

- Identifying sources of stress and its effects.
- Stress management techniques breathing exercises, time management, physical activity.
- Building resilience: How to bounce back from setbacks.
- Practical exercises on managing workplace stress.
- Case study: Resilience in the workplace.

### Day 3: Emotional Intelligence and Self-Awareness

- Defining emotional intelligence EI and its role in mental wellness.
- The five components of emotional intelligence self-awareness, self-regulation, motivation, empathy, social skills.
- Techniques for improving EI and self-awareness.
- Role-playing exercise: Handling difficult emotions at work.
- Discussion: Emotional intelligence and leadership.

### Day 4: Creating a Supportive Work Environment

- Recognizing signs of mental health struggles in coworkers.
- Strategies for creating a supportive and mentally healthy workplace.
- Developing open communication and mental health policies.
- Group discussion: Creating mental health initiatives in organizations.
- Workshop: Building a mental health toolkit for managers.

### Day 5: Mental Health Maintenance and Long-Term Wellness Strategies

- Techniques for maintaining mental health over time mindfulness, work-life balance, healthy routines.
- The role of physical health in mental well-being sleep, exercise, nutrition.
- Long-term strategies for preventing burnout and sustaining well-being.
- Group reflection: Creating a personal wellness plan.
- Final discussion: How to integrate wellness strategies into daily work and life.

## Registration form on the Training Course: Mental Health and Wellness

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
Position: .....  
Telephone / Mobile: .....  
Personal E-Mail: .....  
Official E-Mail: .....

### Company Information

Company Name: .....  
Address: .....  
City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
Position: .....  
Telephone / Mobile: .....  
Personal E-Mail: .....  
Official E-Mail: .....

### Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
- ☐ Please invoice me
- ☐ Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
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to: Global Horizon  
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