

Reset Your Mind: How to Improve Your Mental Well-Being

28 May 2024 | 10 AM - 4 PM |

Venue: Daisy Room, Level 2, Le Quadri Hotel KL

Overview

Mental health challenges are escalating, amplified by the pandemic's transition to an endemic phase. To address this, our training program combines positive psychology techniques with the Reset App, promoting sustained happiness and well-being. Participants learn to establish and nurture Happiness Circles, fostering shared experiences and mutual support.

Research shows happiness enhances performance by 31%, making these skills invaluable in today's competitive landscape. Our program equips individuals with the tools to navigate life effectively, unlocking their innate capacity for happiness and unleashing their full potential.



**Kavitha
Sivapragasam**

Program Objectives



Equip participants with essential knowledge and skills in positive psychology techniques to enhance their mental well-being.



Foster a deeper understanding of the link between happiness and performance, highlighting its relevance in personal and professional spheres.



Cultivate a community committed to rewriting the narrative around mental health, promoting resilience, compassion, and the realization of human potential.

For more information, kindly contact Ridhwan from GHR (Ext 2417) and submit TRF to muhammadridhwan@ucsigroup.com.my