

Outlife

# MASTERING WORKPLACE STRESS FOR ENHANCED PRODUCTIVITY

Join us for a transformative 3-hour session designed to equip corporate employees with essential mindfulness techniques to effectively manage stress and boost overall well-being in the workplace.

**DIYANAT ALI**



# INTRODUCTION TO STRESS MANAGEMENT SESSION

## UNDERSTANDING WORKPLACE STRESS

Recognize that stress is prevalent in corporate environments, impacting productivity and well-being.

## COGNITIVE REFRAMING STRATEGIES

Utilize cognitive reframing to change negative thought patterns, fostering a positive mindset.

## DURATION AND FORMAT OF SESSION

This is a comprehensive 3-hour in-person workshop aimed at equipping employees with effective stress management tools.

## MOVEMENT-BASED STRESS RELEASE

Engage in movement practices that release physical tension and enhance emotional resilience.

## BREATHWORK TECHNIQUES

Learn breathwork methods to calm the mind and body, enhancing focus and reducing anxiety.

## EMOTIONAL RESILIENCE BUILDING

Focus on building emotional resilience through various techniques to better handle stressors.

## MINDFULNESS EXERCISES

Incorporate mindfulness practices that promote awareness and presence, helping to alleviate stress.

## ACHIEVING MENTAL CLARITY

Use these tools to improve mental clarity, aiding in better decision-making and productivity.

## GUIDED RELAXATION PRACTICES

Experience guided relaxation techniques designed to help participants unwind and de-stress effectively.

## COMMITMENT TO WELL- BEING

Encourage a workplace culture that prioritizes mental health and well-being for all employees.

# INNOVATIVE METHODOLOGY AND PRACTICES

Explore transformative practices for stress management

## EXPERIENTIAL LEARNING

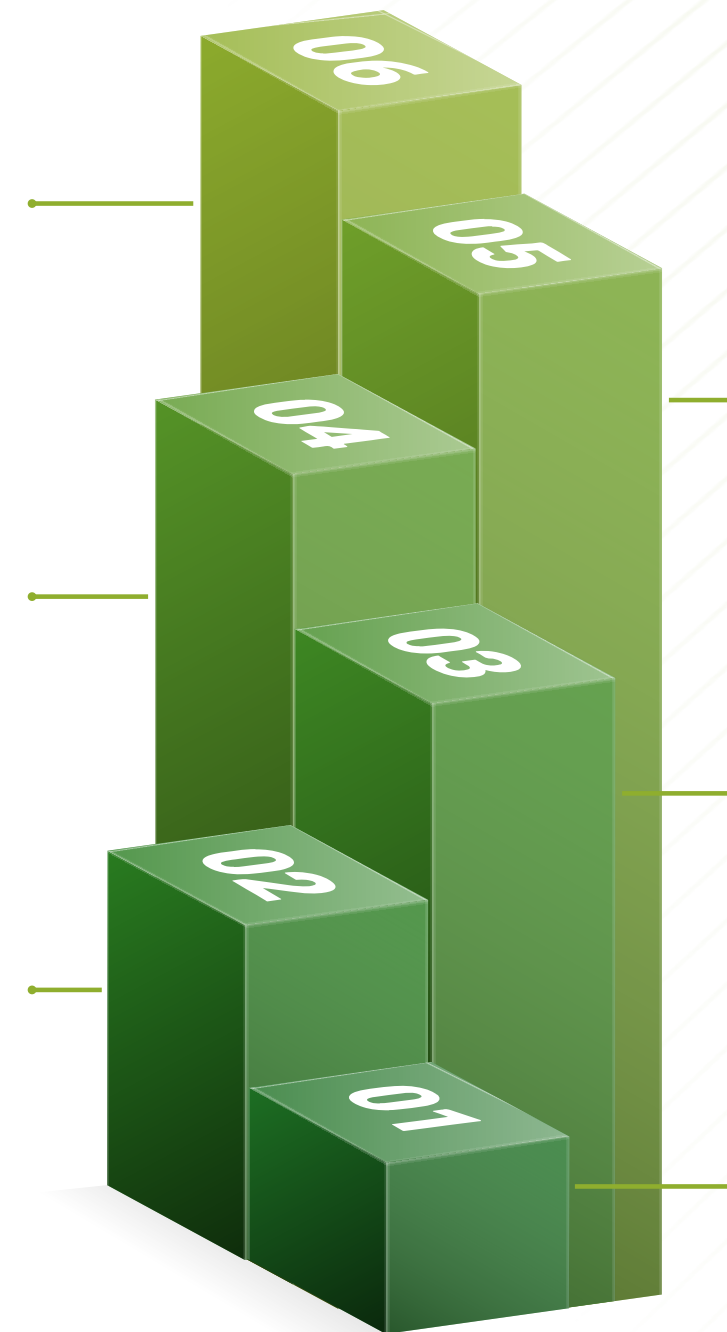
Engages participants through interactive exercises, enhancing retention and application of knowledge.

## BREATHWORK TECHNIQUES

Incorporates controlled breathing methods to regulate emotions and enhance relaxation.

## COGNITIVE REFRAMING

Encourages a shift in perspective, allowing individuals to view stress as manageable challenges.



## MINDFULNESS PRACTICES

Cultivates present-moment awareness, helping individuals manage stress and improve focus.

## SOMATIC AWARENESS

Utilizes body-based practices that help release tension and promote deep relaxation.

## INTERACTIVE REFLECTION

Fosters self-inquiry and group discussions that lead to actionable insights and personal growth.

# DETAILED SESSION AGENDA

Comprehensive Coverage of Stress Management Techniques

## 1 INTRODUCTION TO STRESS MANAGEMENT

Overview of stress and its impact on well-being. Introduces the importance of managing stress effectively.

## 2 UNDERSTANDING MINDFULNESS

Explains mindfulness and its role in reducing stress. Focus on awareness and presence.

## 3 TECHNIQUES FOR STRESS REDUCTION

Discusses various techniques such as meditation, breathing exercises, and physical activity.

## 4 CREATING A MINDFULNESS ROUTINE

Guides on how to incorporate mindfulness practices into daily life for consistent stress management.

## 5 GROUP ACTIVITIES AND PRACTICE

Engages participants in group exercises to practice mindfulness techniques in a supportive environment.

## 6 IDENTIFYING PERSONAL STRESS TRIGGERS

Helps participants recognize their unique stressors and develop individualized coping strategies.

## 7 Q&A AND DISCUSSION

Open floor for participants to ask questions and share experiences related to stress management.

## 8 CONCLUSION AND NEXT STEPS

Summarizes key takeaways and outlines steps for continued mindfulness practice beyond the session.

TIME	PRACTICE	BENEFITS
0:00 – 0:20	Introduction & Stress Awareness – Understanding workplace stress – Stress impact on mind & body	Awareness of stress patterns – Recognizing personal stress triggers
0:20 – 0:40	Breathwork Techniques – 4-7-8 Breathing – Box Breathing	Activates relaxation response – Enhances mental clarity and focus
0:40 – 1:00	Mindfulness & Grounding Practices – Guided Body Scan – Sensory Awareness Meditation	Improves emotional regulation – Reduces anxiety and promotes resilience
1:15 – 1:45	Cognitive Reframing & Stress Perception Shift – Identifying negative thought patterns – Reframing stress into opportunities	Encourages resilience and adaptability – Enhances problem-solving skills
1:45 – 2:15	Movement-Based Stress Release – Stretching & body movement exercises – Tension release techniques	Releases physical stress stored in the body – Improves relaxation and energy levels
2:15 – 2:45	Guided Deep Relaxation & Visualization – Progressive muscle relaxation – Positive future visualization	Promotes deep calmness and mental clarity – Reduces workplace burnout
2:45 – 3:15	Reflection & CBA – Sharing takeaways – Committing to stress management	Encourages accountability – Provides space for questions

# FACILITATOR PROFILE: DIYANAT ALI

An Insight into Diyanat Ali's Mindfulness Coaching

## **ROLE AND EXPERTISE**

Diyanat Ali is a mindfulness coach, facilitator, and experiential learning specialist.

## **CORPORATE TRAINING EXPERIENCE**

He has extensive experience in corporate training, focusing on stress management and personal transformation.

## **FOUNDER OF OUTLIFE AND SELFCRAFT**

Diyanat is the founder of Outlife and Selfcraft, dedicated to personal and professional growth.

## **FOCUS AREAS**

He focuses on developing resilience, emotional intelligence, and work-life balance among employees.

## **INTEGRATED APPROACH**

His approach combines modern neuroscience, ancient wisdom, breathwork, and somatic practices.

# SESSION COSTS AND TERMS OVERVIEW

Detailed Breakdown of Session Fees and Conditions

## SESSION FEE

The total fee for the session is ₹60,000 INR, covering all costs.

## DURATION OF SESSION

The session lasts for a total of 3 hours, conducted in-person.

## PARTICIPANT CAPACITY

Up to 30 employees can participate in the session, ensuring interactive engagement.

## VENUE REQUIREMENTS

A quiet indoor space is necessary, with comfortable seating and room for movement.

## PAYMENT TERMS

A 50% advance payment is required to confirm booking, with the balance due post-session.

## RESCHEDULING POLICY

Sessions can be rescheduled for free with a 72-hour notice period.

## CANCELLATION POLICY

Cancellations within 72 hours will incur a 50% charge of the total fee.

THANK YOU

# LET'S WORK TO REDUCE STRESS AT YOUR WORKPLACE

Reach out to us

## OUTLIFE

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