

STRESS RESILIENCE

FOR MENTAL WELLNESS



8th-9th October' 2017

at R.I.T Dubai, Techno Hub, Silicon Oasis

R·I·T **Dubai**

جامعة روتشستر للتكنولوجيا - نيويورك، أمريكا
Rochester Institute of Technology, NY, USA

PROGRAM OVERVIEW

Stress is one of the biggest components of individual performance, happiness and wellness.

1

DO YOU KNOW HOW TO COPE WITH STRESS AND MAINTAIN WELLNESS?

ARE YOU EXPERIENCING BURN-OUT, DEPRESSION, OR HABITUAL NEGATIVE EMOTIONS?

2

Empowering people to understand stress, equip them with tools to be resilient to stressors and stay in control.

KEY ENABLERS

1

Differentiate between stress, anxiety, exertion, depression and pressure

2

Identify and understand different types of stress

3

Understand how stress influences you personally and your brain

4

Identify stressors, sources and symptoms of stress

5

Use 10 tools to combat habitual negativity and stress

6

Manage stress with brain integration techniques and activities

7

Learn to balance life style: work/life/sleep

8

11 Brain-based coping skills

WHO SHOULD ATTEND

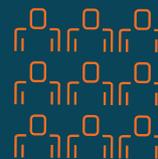
EVERYONE who wants to acquire skills for mental wellbeing for:



Self



Organizations



Community

THE PROGRAM EXPERIENCE



Interactive Learning



Stress Management Gaming



Adoption of Stress Management techniques

YOUR CHANGE AND WELLNESS CATALYST



DR. ANDRE VERMUELEN

CEO of Neuro-Link | Neuroscience of Learning Thought Leader
Author/Television Presenter | International Speaker | Brain Profiler

Andre, CEO of Neuro-link is regarded as a pioneer in neuroscience of workplace learning and performance optimization. As a thought leader he has contributed on influential platforms like TEDx, ATD and the University of Pretoria Neuroscience Group. He has developed unique predictive analysis of people's learning potential and learning solutions to optimize learning performance.

Andre is passionate about people development through neuroscience. He is a regular keynote speaker at conferences across the globe, where he contributes fresh insights into the neuroscience of learning, talent development and performance improvement. In his own words, Andre says, "Neuroscience proves that there is no limitation to what the human mind can learn, think or create.

Therefore there is no limitation to whom we as human beings and organizations can become if we accurately understand, develop and utilize the brain's potential."

This belief inspired him to embark on a global campaign to challenge companies worldwide, to prove that they are able to Out-Think, Out-Learn and Out-Create their competition when it comes to education.

Andre has a reputation as the executive coach of choice to a variety of A-list individuals, Olympic Champions, Pageant participants and Kings and Queens of Africa and CEO's/High-Level Executives of Global Corporations.

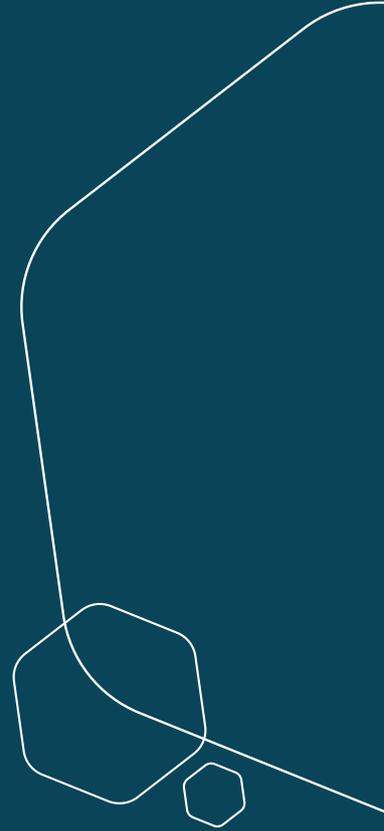


OUTREACH COLLABORATION

[R·I·T Dubai | TOUCH POINTS]

RIT Dubai has partnered with Touch Points, a learning and development solutions company. The partnership offers short courses, workshops and diploma programs focusing on organizational excellence and people development to companies across the UAE and internationally. The partnership will combine RIT Dubai's leading expertise in organizational excellence, technology and innovative learning with Touch Points' complementary skills in instructions design, strategic management and its Neuro-link (neuroscience of learning) suite of products to offer a range of innovative corporate learning opportunities.

Combining state-of-the art facilities and teaching from world renowned instructors, the Outreach Training Division offers a suite of certified programs in Organizational Strategy Development and Execution, Innovation, Sustainability and Smart City Solutions, Happiness and Generosity, HR and Employee Engagement and People Development utilizing neuroscience based programs covering emotional intelligence, well-being, stress resilience and management, brain-based team building and communication and brain fitness programs for optimizing workplace performance.



INVESTMENT IN WELLBEING

Registrations closing on 4th Oct, 2017



USD 1,750 per participant



USD 1,600 per participant
(3 or more registrations)

CONTACT DETAILS

For more information and registrations:

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neuro-link