



Centre for Organization Development
Consulting • Training • Research

MENTAL WELL-BEING AND RESILIENCE

**Build Strength. Manage Stress.
Thrive in Life and Work.**



JUL 27-28, 2026

Venue: COD-Hyderabad



Professional Fees:
Residential: Rs.16,000/-
Non-Residential: Rs.14,000/-



OBJECTIVES

- Enhance self-awareness and emotional well-being
- Develop practical stress management strategies
- Strengthen resilience and adaptability
- Improve focus, motivation, and overall well-being
- Foster a positive mindset and work-life balance



TRAINING MODULES

- Understanding Mental Well-Being
- Stress Awareness and Management
- Building Emotional Resilience
- Positive Thinking and Mindset
- Mindfulness and Self-Care Practices
- Applying Resilience in Daily Life



TARGET PARTICIPANTS

Open to all professionals seeking to improve their mental well-being, build resilience, and thrive in both personal and professional life.



METHODOLOGY

The program is designed to facilitate experiential learning through interactive sessions, which are organized around case studies, group activities, discussions, psychometric instruments, exercises, films etc.

This program can also be customized to meet the specific needs of your organization, upon request.