

Mental Resilience Program for Women

07 August 2026 03:00 PM - 07 August 2026 04:30 PM

Brief Overview:

MMA's Flagship Workshop - Mental Resilience for Women: *Building Confidence, Strength & Success in the Modern Workplace*

Date : 07-08-2026, Friday

Time : 03:00 PM - 04:30 PM

Venue : Online - Zoom

Today's professional women face increasing expectations—balancing demanding careers, leadership aspirations, personal commitments, and constant change. Success is no longer determined solely by technical competence; it also depends on the ability to remain mentally resilient, emotionally balanced, and confident under pressure.

This highly interactive 90-minute programme equips participants with practical tools to strengthen their mental resilience, develop emotional agility, and cultivate a growth mindset that enables them to navigate workplace challenges with confidence and purpose.

Participants will learn how resilient professionals think, respond to setbacks, manage stress effectively, and maintain high performance without compromising their well-being.

<https://forms.gle/gkb2cRbkTKHLAksr5> - **REGISTER NOW**

Session content:

- Understanding Mental Resilience
 - Reframing Challenges into Opportunities
 - Managing Stress & Performing Under Pressure
 - Emotional Intelligence & Executive Presence
 - Building Your Personal Resilience Plan
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For Whom:

- Women professionals across industries
 - First-time managers
 - Team leaders
 - Individual contributors
 - Emerging women leaders
 - HR professionals
 - Women returning to work
 - Professionals seeking greater confidence and resilience
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Key Takeaways:

- Greater self-confidence during challenging situations
 - Practical stress-management techniques
 - Better emotional regulation
 - Stronger decision-making ability
 - Increased adaptability during change
 - A resilient growth mindset
 - Improved workplace relationships
 - A personal resilience action plan
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Facilitator profile:

Dr. Sandhya Arunkumar

Fee Details:

- **Fee Details**
- Member amount : Rs 0.00- (Including 18%GST)
- Non Member amount : Rs 0.00- (Including 18%GST)
- Total Member count :

