



MENTAL HEALTH EDITION 2.0

"Nurturing Balance: A Mental Health Conference for Work-Life Harmony"

The EQ4Africa Conference: Mental Health Edition 2.0 seeks to raise awareness, provide practical solutions, and facilitate meaningful conversations about work-life balance and its direct impact on mental health.

In today's fast-paced world, the pursuit of success often takes a toll on our mental well-being.

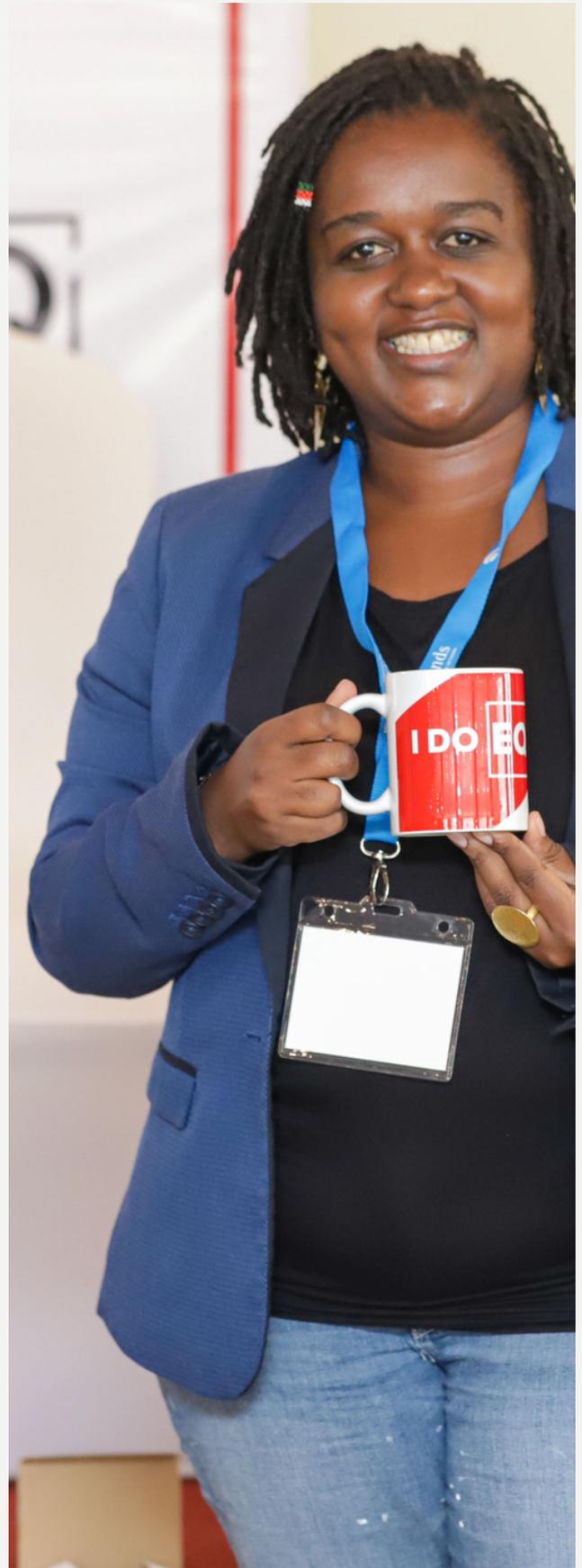
The relentless demands of work, coupled with personal responsibilities, can disrupt the delicate balance between our professional and personal lives, leading to stress, burnout, and a myriad of mental health issues.

There is an urgent need to foster a deeper understanding of the importance of work-life balance, mental health & emotional wellbeing in the workplace.

The EQ4Africa Conference: Mental Health Edition 2.0, themed "Nurturing Balance: A Mental Health Conference for Work-Life Harmony" is designed to address these critical issues.

The Conference will provide a platform for individuals, employers, and mental health professionals to come together and explore practical strategies to promote mental & emotional well-being and achieve equilibrium in the workplace and beyond.

Attendees will experience a day of learning, sharing, and connecting, with the ultimate goal of fostering a culture of balance, understanding, and support in the workplace.



Following a highly successful event in 2023, the EQ4Africa Conference: Mental Health Edition returns to provide a safe space for a critical conversation about mental health for individuals, teams & organisations.



The Conference will feature panel discussions to explore the common challenges people face in maintaining work-life balance and provide potential solutions, as well as unpack insights from individuals who have overcome mental health challenges as they share personal testimonies and insights of their journey to recovery.

The conference will also include a series of Mini Workshops* curated to meet the need of organisations, employees & entrepreneurs alike.

Mini Workshop topics include;

- Building a Supportive Workplace Culture: Mental Health Strategies For HR Professionals
- Building Resilience for Better Work-Life Balance: Managing Stress & Preventing Burnout
- Balancing Act: Juggling Business and Personal Well-being – Mental Health Strategies For Entrepreneurs

**Each participant will be able to attend 1 Workshop.*



Building a Supportive Workplace Culture: Mental Health Strategies for HR Professionals

With mental health becoming an increasingly prevalent concern in the workplace, HR practitioners play a crucial role in creating environments where employees feel safe, supported, and valued.

Workshop Objective:

Participants will gain insights into best practices for promoting mental health in the workplace, including strategies for reducing stigma, implementing support systems, and fostering open communication.

By attending this workshop, HR practitioners will be introduced to tools and strategies that can be utilised to cultivate a supportive workplace culture that prioritizes mental health, leading to improved employee morale, engagement, and overall organizational health.



Building Resilience for Better Work-Life Balance: Managing Stress & Preventing Burnout

In today's fast-paced work environments, managing stress and preventing burnout have become essential skills for maintaining a healthy work-life balance.

Workshop Objective:

Participants will learn evidence-based techniques for building resilience, managing stressors, and maintaining a healthy work-life balance.

By attending this workshop, participants will gain practical skills and strategies for enhancing their mental and emotional well-being, leading to increased productivity, job satisfaction, and overall life satisfaction.



Juggling Business & Personal Well-being: Mental Health Strategies for Entrepreneurs

Entrepreneurship is a rewarding journey, but it also comes with its unique set of challenges and stressors. The well-being of entrepreneurs directly impacts the success and sustainability of their ventures. Neglecting mental health can lead to decreased productivity, decision-making, and overall business performance.

Workshop Objective:

Participants will explore practical strategies for managing stress, maintaining work-life balance, and prioritizing self-care as entrepreneurs.

By attending this workshop, entrepreneurs will gain valuable insights and resources to support their mental health, ultimately leading to greater resilience, productivity, and success in both their personal and professional lives.

Conference Objectives

The EQ4Africa Conference: Mental Health Edition 2.0, "Nurturing Balance: A Mental Health Conference for Work-Life Harmony" will;



1 Raise Awareness & Educate:

To increase awareness about the significance of work-life balance and how it directly influences mental health, and provide participants with insights, knowledge, and practical strategies to maintain a healthy work-life balance and take ownership of mental health & emotional wellbeing.



2 Unlock The Power Of Personal Stories & Promote Dialogue:

To provide a platform for lived mental health experiences & personal journeys and facilitate meaningful discussions and networking opportunities among professionals, employers, mental health experts, and attendees.



3 Share Best Practices & Inspire Action:

To highlight successful case studies and best practices from organizations & entrepreneurs that have effectively integrated mental health and work-life balance initiatives and challenge employers to take proactive steps to prioritize mental health in the workplace.



What is the EQ4Africa Conference?

The EQ4Africa Conference is an annual event that brings together leading global minds in Emotional Intelligence to drive transformation across Africa in homes, businesses & communities.

The conference is a platform for knowledge sharing, experiential learning & networking – where participants share insights, develop practical skills & gain best practice tips on how to leverage Emotional Intelligence to thrive in the constantly evolving environment.

Started in 2019 in Kenya, these events have brought together organisations across the continent, and impacted over 500 delegates – empowering them with the skills to leverage Emotional Intelligence at work, and in life. The attendees, key decision makers in their respective organisations, reported behavioural change resulting in heightened awareness, increased effectiveness & enhanced performance

REGISTER TODAY

Join us for a highly impactful event where you will be equipped with the knowledge & skills to navigate the challenges of modern life while fostering mental & emotional well-being.

What To Expect:

- 1 Learn practical strategies to maintain a healthy work-life balance and take ownership of mental health & emotional wellbeing.
- 2 Participate in meaningful discussions and networking opportunities among professionals, employers, and mental health experts
- 3 Discover success stories & best practices from organizations & entrepreneurs that have effectively integrated mental health and work-life balance initiatives



Fri 17th May, 2024



7 - 11am EAT



TBC



KES 6,200



Register online
www.EQ4Africa.com



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APPENDIX:

Conference Side Events

To maximise the impact of the EQ4 Africa Conference, we have arranged a series of side events



Mental Health Zumba-Thon Golden Tulip, Westlands

Thurs 9th May, 2024 | 7pm EAT
Nairobi
KES 1,000

Zumba, with its energetic & rhythmic dance movements, not only promotes physical fitness but also enhances mental well-being by providing a joyful and social outlet, reducing stress, and boosting mood through the power of music and movement.

Join us for this special 'zumba-thon' as we celebrate the impact of dance on wellbeing



Nurturing Employee Well-being In The Workplace: A Mental Health Workshop for HR Managers

June 13th & 14th, 2024
Nairobi
US\$ 229 + VAT

As organizations strive to attract and retain top talent, the emphasis on employee well-being is no longer an optional consideration but a strategic imperative.

This 2-day workshop will delve into the key elements of mental health in the workplace, providing practical insights and actionable takeaways for HR professionals to implement within their organizations.