



# MENTAL HEALTH EDITION 3.0

## **"Future-Proofed Minds: Fostering Mental Agility in the Age of Constant Change"**

The EQ4Africa Conference: Mental Health Edition 3.0 will provide a dynamic platform to share insights, strategies, and tools for building future-ready minds.



# MENTAL HEALTH EDITION 3.0

The Fourth Industrial Revolution has transformed the way we live and work, introducing rapid technological advancements and significant change. These shifts require not only technical agility but also mental and emotional resilience.

**By fostering a proactive mindset, attendees will leave empowered to navigate dynamic environments in their personal lives, workplaces, and society at large.**

The EQ4Africa Conference: Mental Health Edition 3.0 will focus on equipping leaders, HR managers, entrepreneurs, and employees with the mental agility and Emotional Intelligence necessary to thrive in an era of constant change.





# MENTAL HEALTH EDITION 3.0

Following a highly successful event in 2024, 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, interactive dialogue, story telling and a series of Mini Workshops\* curated to meet the need of organisations, employees & entrepreneurs alike.

The Mini Workshop topics include;

1

**Leading Through Change:  
Practical Tools For Leaders & HR Managers**

2

**Entrepreneurial Resilience:  
Managing Stress, Sustaining Innovation & Prioritizing Mental Health**

3

**Building Personal Mental Agility:  
Navigating Change For Individuals**

*\*Each participant will be able to attend 1 Workshop. See attached Workshop Overview for more details regarding the 3 workshop options*

## Conference Objectives

The EQ4Africa Conference: Mental Health Edition 3.0, "Future-Proofed Minds: Fostering Mental Agility in the Age of Constant Change" will;



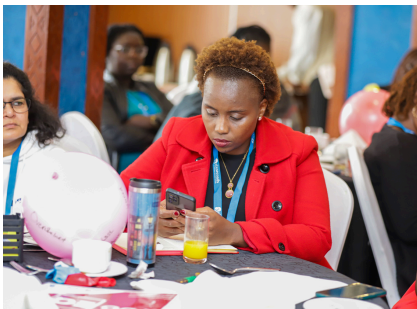
### 1 **Raise Awareness:**

Uncover the power of mental agility, emotional intelligence, and resilience as the ultimate tools for thriving in an ever-changing world



### 2 **Equip Attendees:**

Walk away with practical, game-changing strategies to strengthen mental resilience, problem-solving & adaptability in dynamic environments.



### 3 **Promote Mental Wellbeing:**

Learn how to safeguard your mental health and build unshakable resilience to navigate uncertainty with confidence



### 4 **Facilitate Networking:**

Connect, collaborate, and exchange ideas with leaders, HR professionals, entrepreneurs, and change-makers driving mental health conversations forward



### 5 **Showcase Success Stories:**

Showcase how your organization is leading the way in mental health by sharing impactful initiatives, strategies, and success stories



## 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

# Mini Workshops



## 1. LEADING THROUGH CHANGE

Practical tools for leaders and HR Managers to build resilient teams and foster mental well-being.

**As a result of participating in this mini-workshop, participants will;**

- Recognizing the signs of stress and burnout in teams.
- Building psychological safety to promote open communication about mental health.
- Implementing organizational practices that support adaptability and well-being.



## 2. ENTREPRENEURIAL RESILIENCE

Strategies for managing stress, sustaining innovation, and prioritizing mental health for entrepreneurs.

**As a result of participating in this mini-workshop, participants will;**

- Managing uncertainty and decision-making under pressure.
- Prioritizing self-care and avoiding burnout while building a business.
- Leveraging emotional intelligence to build stronger professional relationships.



## 3. BUILDING PERSONAL MENTAL AGILITY

Individual-focused strategies for employees to navigate change and maintain mental well-being.

**As a result of participating in this mini-workshop, participants will;**

- Identifying and managing emotional triggers during times of change.
- Cultivating a growth mindset to thrive in dynamic environments.
- Practical mindfulness techniques for staying grounded and focused.