



Learning & Development

# DECODE YOUR STRESS & TRIGGERS THROUGH YOUR VOICE

## ⚠️ Burnout: The Silent Epidemic ⚠️

Crippling productivity. Undermining well-being.

Driving talent out the door.

🌟 Most solutions treat the symptoms.

🌟 Few uncover the real root causes — your subconscious stress triggers.

Your voice holds the clues.

## 🌟 Benefits of Attending

“

- 💡 UNLOCK THE SECRETS OF YOUR STRESS
- 🔍 GAIN AI-DRIVEN EMOTIONAL INSIGHTS
- 🔧 MASTER YOUR STRESS RESPONSE
- 🧠 SUPERCHARGE YOUR EMOTIONAL INTELLIGENCE
- 💬 TRANSFORM HOW YOU COMMUNICATE & LEAD

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Duration: 2 Days



Location: In House Training



LOGAN LOH  
Mental Wellness Trainer

◆ Certificate Provided  
💼 HRDF Claimable

REGISTER NOW



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# Decode Your Subconscious Stress & Triggers Through Your Own Voice: Fightback Unspoken Burnout

## INTRODUCTION

In today's demanding workplace, burnout is a silent epidemic impacting productivity, talent retention, and overall employee well-being across Malaysia. Many traditional approaches only scratch the surface, failing to address the deeply rooted, subconscious factors that truly drive stress and exhaustion, often leaving individuals and organizations grappling with unseen challenges.

This groundbreaking program introduces a revolutionary approach to personal and organizational well-being. Utilizing the power of **SoWav's Vocalalytics Report** – powered by cutting-edge vocal biomarker technology – participants will embark on a profound journey of self-discovery. They will learn to **decode the hidden signals within their own voice**, uncovering the specific subconscious stress triggers and emotional patterns that contribute to burnout. Through a powerful combination of interactive exercises, real-world case studies, and guided self-analysis using their Vocalalytics Report, participants will gain unparalleled clarity on their unique stress profile and develop **advanced, personalized strategies to proactively manage their mental well-being, enhance emotional resilience, and effectively fight back against unspoken burnout**.

## Key Learning Outcomes

Upon completion of this workshop, participants should be able to:

1. **Decode Vocal Biomarkers for Self-Insight:** Learn how vocal biomarker technology reveals subconscious emotional patterns, stress indicators, and communication styles using the Vocalalytics Report.
2. **Understand the Subconscious Roots of Burnout:** Identify hidden emotional triggers and psychological stressors that silently contribute to burnout and reduced workplace performance.
3. **Build a Personalized Stress Management Strategy:** Develop actionable techniques to regulate emotions, manage stress, and create a customized resilience toolkit for daily use.
4. **Improve Emotional Intelligence and Workplace Interactions:** Enhance empathy, communication, and interpersonal relationships by understanding and applying emotional insights from vocal analysis.
5. **Craft a Personal 'Fightback Burnout' Action Plan:** Create a practical and sustainable action plan to proactively combat burnout, maintain well-being, and support continuous emotional growth.

# Workshop Methodology

This program will be delivered through a dynamic mix of interactive and experiential learning methods, including:

1. **Instructor-Led Learning and Peer Engagement:** A combination of short lectures, group discussions, and collaborative presentations to introduce key concepts, encourage reflection, and reinforce learning through shared insights.
2. **Role-Plays:** Simulated workplace scenarios to practice communication, emotional regulation, and stress management skills in a safe, supportive environment.
3. **Skill Practice Sessions:** Hands-on exercises to apply tools and techniques directly to participants' personal stress profiles and communication styles.
4. **Vocalalytics Report Analysis:** Personal vocal analysis using SoWav's Vocalalytics Report powered by MindA's Vocal Biomarker Technology to uncover individual stress patterns and subconscious triggers.
5. **Guided Self-Reflection:** Structured introspection to decode emotional patterns and develop deeper self-awareness based on vocal data.
6. **Case Study Reviews:** Real-world examples of how vocal data and emotional insights have been used to enhance individual well-being and organisational health.

## Program Outline

### Module 1: Unveiling the Unseen – Self-Awareness Through Your Vocal Blueprint

1. The Pervasive Reality of Unspoken Burnout
2. Your Voice, Your Inner Compass: Introduction to Vocal Biomarker
3. Decoding Your Unique Vocal Blueprint
4. Subconscious Stress & Your Communication

### Module 2: Foundations of Communication

1. Mastering Your Emotional Landscape: Practical Resilience Strategies Translating vocal insights into targeted emotional regulation techniques.
2. Proactive Burnout Prevention & Sustainable Well-being Habits Identifying personal burnout risk factors based on vocal data.
3. Enhancing Communication & Collaboration for a Healthier Workplace
4. Building a Mentally Resilient Culture: Your Role in Fighting Unspoken Burnout Connecting individual well-being to organisational productivity and talent retention.