

# FROM STRESS TO STRENGTH

Simple Mind Techniques to Improve Trainee Performance in High-Risk Work Environments



**REDUCE STRESS**  
Improve emotional regulation



**IMPROVE FOCUS**  
Enhance concentration and decision-making



**BUILD CONFIDENCE**  
Strengthen self-belief and resilience



**STRENGTHEN TEAMWORK**  
Better communication and relationships



**BOOST PERFORMANCE**  
Higher productivity and task performance

## 1 THE CHALLENGE

During industrial placement, trainees in high-risk technical environments face psychosocial challenges that impact well-being and performance.



STRESS



LOW CONFIDENCE



COMMUNICATION DIFFICULTIES



ADJUSTMENT ISSUES

! These challenges affect personal well-being, interpersonal relationships, and overall performance.

## 2 METHODOLOGY

A quasi-experimental, practice-based intervention was conducted with 12 trainees during industrial placement.

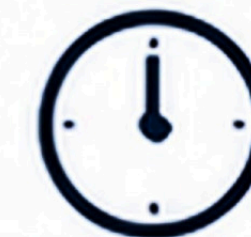
### INTERVENTION DESIGN



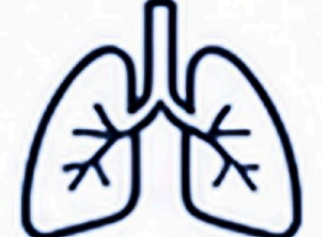
5 HYPNOTHERAPY SESSIONS  
Over 5 consecutive days



GROUP-BASED  
6 participants per group



2 HOURS PER SESSION



SUPPORTED BY MINDFUL BREATHING TECHNIQUES AND LEADERSHIP ACTIVITIES

## 3 THE INTERVENTION

A 5-DAY MENTAL WELLNESS + LEADERSHIP PROGRAM DESIGNED TO EMPOWER TRAINEES



**A. HYPNOTHERAPY SESSIONS**  
• 5 sessions over 5 consecutive days  
• Group-based (6 participants per group)  
• 2 hours per session



**B. MINDFUL BREATHING TECHNIQUES**  
Promote relaxation, stress reduction, and mental clarity



**C. LEADERSHIP DEVELOPMENT ACTIVITIES**  
Build confidence, communication, teamwork and responsibility

🎯 Goal: Help trainees regulate stress, improve focus, build confidence and communicate better at work.

## 4 DATA COLLECTION METHODS

- Participant check-ins and observations
- Supervisor feedback reports
- Workplace issue and complaint records
- Attendance and behavioral tracking
- Performance monitoring (pre- and post-intervention comparison)

## 5 KEY RESULTS



**BETTER EMOTIONAL CONTROL**  
Reduced stress, improved self-regulation



**IMPROVED TEAMWORK & COMMUNICATION**  
Stronger relationships, more consistent communication



**FEWER PERSONAL & INTERPERSONAL ISSUES**  
Noticeable reduction in workplace issues and complaints



**IMPROVED ATTITUDE & RESPONSIBILITY**  
Trainees show more initiative and accountability



**BETTER TASK PERFORMANCE**  
Supervisors reported higher quality and productivity

🏆 Trainees are more resilient, confident and ready to perform in high-risk work environments.

## 6 KEY CONTRIBUTIONS / SIGNIFICANCE

- Demonstrates a practical, low-cost intervention model for psychosocial risk management
- Integrates mental health + leadership development + technical training
- Provides real-world applied evidence in industrial placement settings
- Offers a scalable approach for vocational institutions and employers

“ When we support the mind, we strengthen performance, safety and the future. ”



**SIMPLE TECHNIQUES. STRONG IMPACT. BETTER TOMORROW.**



CALM THE MIND



BUILD CONFIDENCE



ACHIEVE SUCCESS