



STRESS-FREE LIVING: A PATH TO MENTAL WELL-BEING **MOTIVATIONAL & INTERACTIVE ONLINE SESSION**

I. ABOUT THE PROGRAM

In today's fast-paced academic and professional environment, individuals increasingly face stress, anxiety, and mental fatigue arising from multiple responsibilities and expectations. While technical expertise remains critical, maintaining mental and emotional well-being is equally essential for sustained success and fulfilment.

Recognizing this need, the Institute of Actuaries of India (IAI) is pleased to organize a **motivational and interactive session on mental well-being**, aimed at helping participants lead a healthier, balanced, and more fulfilling life.

This initiative reflects IAI's commitment to the holistic development of its members, students, and the wider community by promoting mental wellness alongside professional excellence.

II. OBJECTIVE OF THE SESSION

The session aims to enable participants to:

- Lead a healthier, peaceful, and balanced life
- Understand and manage stress, fear, and anxiety
- Develop emotional resilience and a positive mindset
- Improve overall well-being and productivity
- Experience greater fulfilment in personal and professional life

III. SESSION DETAILS

- **Title:** Stress-Free Living: A Path to Mental Well-being
- **Type:** Online (Motivational & Interactive)
- **Duration:** 1.5 Hours
- **Date:** 16th May 2026
- **Time:** 04:00 PM - 05:30 PM
- **Target Audience:** Members of IAI and Non-members



IV. SESSION MODULE

Module: Stress-Free Living

Objective:

To help participants understand stress triggers and adopt practical, scientifically proven techniques to improve mental and emotional well-being.

Topics to be covered:

- Understanding the root causes of stress
- Dealing with fear and anxiety
- Overcoming negative habits
- Managing overwhelming tasks
- Letting go of negative past memories
- Techniques to deal with depression
- Eliminating limiting beliefs
- Preventive measures for a stress-free lifestyle
- Relaxation techniques
- Scientifically proven methods to eliminate stress and negative emotions

The session will focus on practical takeaways that can be applied in daily personal and professional life.

V. REGISTRATION

- **Registration Start Date:** 7th May 2026
- **Last Date to Register:** 13th May 2026
- **Registration Link:** [STRESS-FREE LIVING : A PATH TO MENTAL WELL-BEING - Fill out form](#)
- **Registration Fee:** Complimentary (No registration charges; participation is free of cost as part of IAI's initiative to promote mental well-being and holistic development).
- **Seats are limited. Participants are requested to register at the earliest.**



Institute of Actuaries of India

Statutory body established under an Act of Parliament

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VI. FACULTY

Ms. Jacqueline Vales
Corporate Trainer

Ms. Jacqueline Vales is a Certified Behavioural Skills & Image Management Trainer and an NLP Practitioner with an MBA in Finance. She brings over a decade of corporate experience across diverse industries and has been in the training domain for over nine years.

She specializes in experiential learning and storytelling techniques, delivering practical and result-oriented training sessions. Her areas of expertise include behavioural skills, emotional intelligence, stress management, mindfulness, communication skills, and leadership development.

She has conducted training for reputed organizations such as IBM, Hitachi, Central Bank of India, Bombay Stock Exchange, and Institute of Chartered Accountants of India, among others.

VI. EXPECTED OUTCOMES

Participants will:

- Gain awareness of personal stress triggers
- Learn practical stress management techniques
- Build emotional resilience
- Enhance focus and productivity
- Improve overall mental well-being

For any queries, please write to Vinay Gowda at vinay@actuariesindia.org or contact at 022 6243 3361.