

NEW



SAICE Academy Mastering Soft Skills as an Engineering Professional – Why You Overthink Everything (*and how to finally stop*)

0,1 CPD POINTS

SAICEEL25/04112/28

SAICE is an ECSA Approved CPD Service Provider



Presented By: SAICE Volunteers
Fully On-Line

Reclaim Your Mental Peace and Boost Your Productivity

In the demanding world of engineering, overthinking can be a significant barrier to success and well-being. If you find yourself trapped in endless loops of "what if" scenarios, anxiety-inducing thoughts, and analysis paralysis, this course is for you.

Presented by SAICE Academy, this practical course, "**Mastering Soft Skills for Engineering Professionals: Why You Overthink Everything – and How to Finally Stop,**" offers strategies to break free from overthinking and reclaim your mental peace, tailored for the unique challenges faced by young engineering professionals in South Africa.

What You Will Learn: Your Anti-Overthinking Toolkit

This course provides a comprehensive toolkit to help you combat overthinking and develop a more decisive and action-oriented mindset. Key strategies include:

Flipping "What If" to "Even If": Learn to acknowledge potential challenges while focusing on your resilience and ability to adapt.

The 5-Second Rule: Master Mel Robbins' method to interrupt overthinking patterns and take immediate action.

The 3-Box Decision Framework: Categorize your concerns into what you can control, influence, or must let go of, allowing you to focus your energy effectively.



SCAN TO PURCHASE
BOOKS BUY BOOKS

The R5 Principle: Put problems into perspective by asking if they will matter in five years, helping you avoid dwelling on minor issues.

The Brain Dump Technique: Transfer your racing thoughts onto paper before sleep to clear your mind and improve your rest.

Shifting from Thinking to Doing: Embrace an action-oriented approach with practical rules like the 2-Minute Rule, the Rule of 3, and the R5O Rule.

Mindfulness and Grounding Techniques: Practice the 5-5-5 technique to ground yourself in the present moment and interrupt overthinking cycles.

Physical Solutions for Mental Overload: Discover how exercise, Rooibos tea, and breathing techniques can reduce stress and promote relaxation.

The "Ubuntu" Approach: Leverage the power of community and connection to gain perspective and reduce rumination.

Course Benefits for Engineering Professionals:

By mastering these techniques, you will:

- Reduce anxiety and stress, leading to improved mental well-being.
- Enhance your decision-making skills and ability to take decisive action.
- Boost your productivity and focus at work.
- Improve your sleep quality and overall health.
- Build resilience and adaptability in the face of challenges.
- Develop a more positive and proactive mindset.

Invest in Your Future

This course is an investment in your personal and professional growth, providing you with the tools to break free from the cycle of overthinking and unlock your full potential.

Enrol now and redefine your professional journey!

- No need to take any time off work
- No travel and or accommodation costs
- No lost productivity costs