ASEFYLS4 PROJECT 10:
THE ADJUSTMENT MANUAL
WORK FROM HOME EDITION

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As part of the 4th ASEF Young Leader Summit (ASEFYLS4)
Leadership in Action Project
ICE BREAKER

- Go to Mentimeter: https://www.menti.com
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TODAY'S AGENDA

Project Overview

The Policy Group:
Mental Health Policy

The Workshop Group:
The Well-Being Series
Project Overview

Timeframe
- Preparation (June – July)
- Execution (July – Nov)

Significance
- Individuals experiencing mental health struggles (such as anxiety, depression, decreased focus and burnout) – SDG 3
- Mental health was an invisible consequence which severely affected the efficiency and productivity of businesses – SDG8

Project Aims

Part 1: Workshop Series
Address the issue on an individual level with WFH professionals
Designing and executing a series of skill-building workshops for resilience with the goal of helping them adapt better to cope with their professional requirements without compromising their mental health.

Part 2: Policy Brief
Address the issue on a macro-level with mental health policy in professional environments.
Development of policy recommendation brief to be distributed to WFH institutions and relevant networks with the aim of highlighting necessary protections and sharing good practices for a healthy WFH environment.
THE POLICY GROUP

- First row (from left to right): Anna–Latvia, Htet–Myanmar, Prakriti–India, Dolphie–Cambodia, Emilia–Finland
- Second row (from left to right): Pirun–Cambodia, Akos–Hungary, Rafee–Bangladesh, Janik–Germany
PHASE 1: SETTING RESEARCH DIRECTION

Lesson Learned:
Prioritize just a few research objectives and questions to fill the research gap.

PHASE 2: DEVELOPING SURVEY

Lessons Learned:
1. Mental Distress and Flexibility
2. Cultural Comparisons
3. Third Party Involvement

PHASE 3: SURVEY ROLLOUT

Lesson Learned:
Do not rely only on Facebook post and boost, reach out to the target audiences yourself.

PHASE 4: WRITING POLICY BRIEF

Lessons Learned:
Prioritize important findings because you cannot include everything.
The Workshop Group

- First row (from left to right): Trang–Vietnam, Prakriti–India, Sopheavy–Cambodia
- Second row (from left to right): Makito–Japan and Gustavs–Latvia
SELF TIME: MENTAL WELLNESS

OFF-TIME: STAY MOBILE, STAY SAFE, STAY CONNECTED

ON-TIME: COMMUNICATION OVER AN ONLINE MEDIUM

THE WELL-BEING SERIES

WORKSHOP DESIGN: ON, OFF, SELF MINDSETS & PRACTICAL TOOLS
Connecting with potential speakers (professional trainer/consultant/educator…)

Generating frameworks that encourage interactive activities and engagement in the session.

Building a network through social media.

Outcomes:
- Over 50 sign ups collectively.
- Providing participants with tools and mindsets to tackle WFH mental challenges.
- Better access to resources to continue good practices.
- Connecting speakers and participants for further discussion.

Lessons Learnt: 
- Connecting with potential speakers (professional trainer/consultant/educator…)
- Generating frameworks that encourage interactive activities and engagement in the session.
- Building a network through social media.
THANK YOU!

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