Q2: Let $z = a + ib$. Properties of the modulus tells us that

$$\begin{aligned}
&\left|\frac{z-1}{z+1}\right| \leq 1 \\
\iff &\frac{|z-1|}{|z+1|} \leq 1 \\
\iff &|z-1| \leq |z+1| \\
\iff &(a-1)^2 + b^2 \leq (a+1)^2 + b^2 \\
\iff &a^2 - 2a + 1 \leq a^2 + 2a + 1 \\
\iff &0 \leq 4a \\
\iff &0 \leq a
\end{aligned}$$

Hence the region defined by the inequality will be $R = \{a + ib \in \mathbb{C} : a \geq 0\}$.