5 possible Improvements:

* May use Videoscribe/doodly to make more interactive and fun presentations
* May use GIFs to add more life to certain things
* Better to avoid the death visualization exercise and the dead body image. Rather it is preferable talking inindirect ways to convince about the benefits of thinking about one’s mortality.
* For every activity/exercise it is better to provide references to better convince the trainees about their effectiveness
* Preferable to the physical exercise if dealing with senior or reserved people
* May talk about fortune telling and removing absolute demands (CBT concepts) to decrease anxiety and depression
* May also include the Burns Anxiety checklist
* Unless the trainees are mostly religious muslims, it is better to avoid direct religious references especially Islam. Preferable to talk in general and indirect ways about the benefits of spiritually.