

Workplace Mental Health & Wellness Training

Date	Venue	CPD	Cost (Excl. VAT)PP	Registration Link
29th Sep - 4th Oct, 2025	Blooming Suites	6	60,000.00	Register Here

Course Overview

This course empowers HR professionals, managers, and wellness champions with the expertise to support mental health and emotional wellbeing in the workplace. Participants will master the psychological dynamics affecting performance, apply practical counselling techniques, and design targeted wellness programs. From stress management to culture building, the program lays a foundation for organizations to thrive with compassion, resilience, and strategic emotional support.

Course Objectives

By the end of this program, participants will be able to:

- Understand how mental health impacts workplace performance and team dynamics
- Recognize and respond to stress, trauma, burnout, and other behavioral health challenges
- Apply core counselling and introductory psychotherapy methods for workplace intervention
- Build wellness programs tailored to organizational realities and needs
- Promote a culture of psychological safety and emotional resilience
- Champion mental health initiatives with clear leadership buy-in and data-driven outcomes

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;:

- HR Professionals
- Workplace Counsellors
- Managers Promoting Employee Wellness
- Organizational Wellness Strategists

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Secretary General

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