

Corporate Workshops

Stress Management

Our Stress Management workshop will teach your staff about the nature and sources of stress, its damaging effects, and learn effective skills to reduce and manage stress levels.

Improving Emotional Resilience

Our Emotional Resilience workshop will teach your staff about the nature of resilience, and how to improve this skill with self awareness, emotional regulation, developing a flexible mindset, and being more mindful of reactions.

Dealing with Difficult People

Dealing with Difficult People workshop will teach your staff about effective ways of dealing with common scenarios in the workplace, assertive communication styles, and managing their one distress.

Mental Health First Aid

Our Mental Health First Aid workshop will educate your staff on recognising the signs of mental health issues, how to be a supportive colleague, and the importance of self care in high stress roles.

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TOWARDS HAPPIER, HEALTHIER LIVES