

CORPORATE MENTAL HEALTH TRAININGS & WORKSHOPS

Building Mentally Healthy, Resilient and High-Performing Workplaces

Creating a mentally healthy workplace goes beyond providing support during times of distress. Preventive mental health education empowers employees and leaders with practical skills to manage challenges, improve collaboration, and foster a positive workplace culture.

Our evidence-based trainings and workshops are interactive, engaging, and customised to meet your organisation's goals, industry requirements, and workforce needs.

Our Approach

Every session is designed to be practical, engaging, and immediately applicable in the workplace. Programmes incorporate evidence-based psychological principles, interactive discussions, case studies, reflective activities, and actionable tools that participants can implement in their daily professional and personal lives.

Format

Our workshops are available **on-site, online, or in hybrid formats** and can be customised for employees, managers, leadership teams, or specific business functions.

Duration

Our Trainings & Workshops are suitable for corporate clients across industries and can be delivered as 60–90 minute awareness sessions, half-day workshops, full-day interactive programmes, or multi-session leadership development series.

Corporate training and workshop topics

1. Mental Health Awareness

Promotes awareness of common mental health conditions, reduces stigma, encourages early help-seeking, and equips employees to recognise signs of emotional distress in themselves and others.

2. Stress Management

Provides practical CBT-based strategies to manage workplace stress, improve coping skills, prevent burnout, and maintain emotional well-being during demanding work situations.

3. Burnout Prevention

Helps employees and managers identify early signs of burnout, understand contributing workplace factors, and develop sustainable strategies to maintain energy, motivation, and performance.

4. Resilience Building

Strengthens employees' ability to adapt to change, overcome setbacks, manage uncertainty, and maintain psychological well-being during challenging situations.

5. Emotional Intelligence at Work

Enhances self-awareness, emotional regulation, empathy, communication, and relationship management to improve collaboration, leadership effectiveness, and workplace culture.

6. Mindfulness and Well-being

Introduces evidence-based mindfulness techniques to improve focus, emotional balance, stress management, and overall psychological well-being.

7. Psychological Safety in the Workplace

Supports leaders and teams in creating an environment where employees feel respected, valued, and comfortable sharing ideas, concerns, and feedback without fear of judgement.

8. Manager Mental Health Sensitisation

Equips managers to recognise signs of employee distress, have supportive conversations, respond appropriately to mental health concerns, and foster psychologically healthy teams.

9. Workplace Communication and Conflict Management

Develops effective communication, active listening, assertiveness, and conflict resolution skills to strengthen teamwork and improve workplace relationships.

10. Work-Life Integration

Helps employees establish healthy boundaries, prioritise responsibilities, manage competing demands, and sustain personal well-being alongside professional commitments.

11. Change Management and Adaptability

Prepares employees to navigate organisational transitions with confidence by building adaptability, resilience, and a positive mindset during periods of change.

12. Anxiety and Emotional Wellness

Provides practical strategies to understand and manage anxiety, performance pressure, overthinking, and emotional challenges commonly experienced in today's workplace.

13. Leadership Well-being

Supports leaders in managing stress, preventing burnout, making effective decisions under pressure, and fostering emotionally healthy, high-performing teams.

14. Customised Wellness Programmes

Training content can be tailored to your organisation's culture, industry, workforce demographics, leadership priorities, and specific workplace challenges to maximise relevance and impact.

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