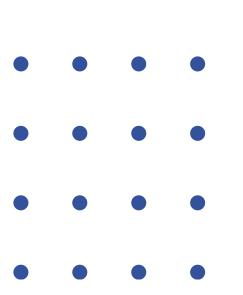


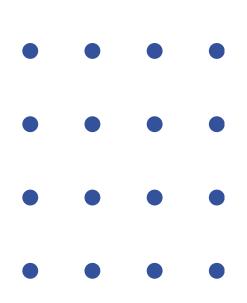
Centre for Psychosocial Support

MENTAL WELL-BEING @ WORKPLACE

Feel better. Work better. Live better.







Join us for a Workplace Mental Health Workshop designed to help you:

- Understand the importance of mental health in the workplace
- Identify common workplace challenges and how it may affect an employee's mental health
- Learn practical strategies to promote mental wellness in the workplace
- Design and implement evidence-based well-being initiatives

What's covered?

- Strengthen organizational resilience and well-being
- Enhance employee
 engagement and increase
 productivity
- Create a more loyal, fulfilled, and dedicated workforce
- Cultivate a more positive and supportive work environment

Duration: 4 hours

Group Size: 10 to 40 participants
\$ Cost: \$120 per person (before GST)

Location: On-site Training

redcross.sg/pss

academy@redcross.sg

Secure Your Spot Today!

