

# 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

## Secure Your Spot Today!

- 🕒 Duration: 4 hours
- 👥 Group Size: 10 to 40 participants
- 💰 Cost: \$120 per person (before GST)
- 🏢 Location: On-site Training

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