



AVENTIS
LEARNING GROUP

Corporate Mental Wellness Programme

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Introduction



INTRODUCING CORPORATE WORKPLACE WELLNESS INTO YOUR ORGANIZATION AND THE RESOURCES AVAILABLE

Corporate Wellness Programs in Singapore Promote Workplace Health and Wellbeing

Mental well-being is crucial for an effective workforce and a healthy workplace. This workshop equips participants with skills and knowledge to take charge of their own mental well-being and to be supportive leaders in the workplace. Happier and healthier employees have been shown to be higher-performing, more aware of their states of mind and behaviours, and more resilient in adversity. Studies have shown that employee wellness programs and corporate wellness schemes raise the productivity of the workforce. A happier workforce enables better performance and job satisfaction. Healthier workplaces also help attract and retain desirable talent.

Introduction

1 Day Corporate Mental Wellness Workshop

This workshop helps to promote staff wellbeing and foster good mental health at the workplace. Participants will explore how mental wellness and resources such as mindfulness interventions and the Employee Assistance Programme (EAP) could be effectively introduced within an organization.

Whether you are a manager, team leader, or employee wellness lead, let our coach guide you in understanding the importance of a preventive approach to mental health and how you could support your colleagues in improving their professional and personal lives.



Course Outline

Session 1: FOSTERING GOOD WORKPLACE MENTAL HEALTH

Mental health includes emotional, psychological and social well-being, and affects our thoughts, moods, and behaviours. Good or positive mental health refers to having the emotional resilience to overcome change and challenges, and being able to feel positive and confident about life, make healthy choices, and build positive relationships. In this workshop, you will learn about the following topics:

- Common mental health issues and their impact at the workplace
- Recognizing common signs and symptoms of poor mental health
- Preventing stress and burnout
- Developing resilience with mindfulness
- Starting the conversation on mental health at work
- Building a supportive environment and fostering psychological safety at the workplace

Session 2: BECOMING A WORKPLACE MENTAL HEALTH CHAMPION

This workshop provides organizations with a guide on promoting good mental health at the workplace. The session covers the skills and responsibilities of managers, supervisors, and corporate wellness leads in offering support to their colleagues. The appointment of a Workplace Mental Health Champion and the commitment to building a healthy work environment will help organizations recognize early signs of distress in employees and offer timely support.

- Recognizing common workplace stressors
- Identifying and approaching colleagues in distress
- Ethical boundaries for approaching and supporting colleagues
- Offering resources and conducting simple interventions (e.g. mindfulness-based practices)
- Developing foundational skills and attitudes of mindfulness as a Workplace Mental Health Champion
- Introducing the Employee Assistance Programme (EAP)

Course Details



1 Day
9am - 5pm (Classroom)
9.30am - 4.30pm (Virtual)



Classroom at Holiday Inn Orchard City Centre OR Aventis Campus
Virtual via Zoom



(65) 6720 3333
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\$635 Before GST



Trainer's Profile



Founder and Mindfulness Coach of Mindful Moments Singapore, Ms Erin Lee

Erin Lee is Founder and Mindfulness Coach of Mindful Moments Singapore. She is a Certified MBSR Teacher as acknowledged by the Mindfulness-Based Professional Training Institute (MBPTI) of the University of California San Diego (UCSD) Center for Mindfulness to conduct and deliver the classic research-based Mindfulness-Based Stress Reduction (MBSR) Program. Erin completed the UCSD School of Medicine's Mindfulness-Based Stress Reduction Teacher Training Intensive as well as Advanced Teacher Training Intensive for MBSR and MBCT Teachers in California. Erin is trained to teach mindfulness program to adults and business executives across the region. Erin is also trained to teach the mindfulness program to teenagers and young adults as recognized by the Mindfulness in Schools Project. Erin conducts mindfulness training for corporate clients and organizations, and is also an experienced polytechnic lecturer.

Testimonials

"I took Erin's MBSR (Mindfulness Based Stress Reduction) Program in July 2016. I enjoyed every class I attended over the eight weeks and learned a lot about mindfulness practice, including how to observe my inner thoughts and emotions. I was already practicing some meditation before, but taking Erin's MBSR program really opened my eyes to the reality of my inner experience and the root causes of my stress. Erin is a very calm and inspiring mindfulness teacher; she constantly encouraged me to approach each experience with curiosity and patience, which was really helpful for me in learning not to judge or criticize myself so much. After completing the program, I am a lot more aware of myself, and also more grounded in the present moment. Erin is truly an authentic, proficient teacher we can learn mindfulness from."

- Joannathan Lim, Illustrator and Graphic Design Consultant

"Erin is the first mindfulness practitioner I've ever met and she has impressed me with her passion for advocating this practice - especially during a time when it was not widespread. Her dedication to coaching individuals from all walks of life in the simplicity and symbolism of mindfulness is inspiring. Erin has a gift for bringing out the best in clients she has coached, with a gentle, firm, knowledgeable and enlightened disposition. I have faith that she will continue to exude light in her calling."

- Dawn Foo, Education and Career Guidance Counsellor

Testimonials

“Erin was the teacher of the 8-Week Mindfulness-Based Stress Reduction (MBSR) Program that I took. I found her to be very skilled in teaching the mindfulness training program, pacing each class well and facilitating our practice of self-awareness and self-discovery effectively. It is important that the teacher creates a safe, non-judgmental space for learning mindfulness, and Erin was able to offer that to her participants. She always invited us to be gentle and kind to ourselves as we engaged in the various practices. She embodies the patience, openness, and compassion that every mindfulness teacher should have. I enjoyed Erin’s MBSR program very much and it was overall a very enriching experience for me. If you’re considering mindfulness training for yourself, I encourage you to connect with Erin.”

– Ameesh Randeri, Vendor Manager, Project & Program Manager

