



Dear professional,

25/04/2025

Employee Wellness: Counselling & Psychotherapy

Start Date	End Date	Venue	CPD	Cost (Excl. VAT)PP	Registration Link
05-05-2025	10-05-2025	Lake Naivasha Resort	6	70,000.00	Register Here

Course Overview

This 6-day course equips professionals with the tools to foster mental health, resilience, and supportive environments for employees. Participants will develop practical counselling skills, manage stress and burnout, and design wellness programs tailored to organizational goals.

Course Objectives

The objective of the **Employee Wellness: Counselling & Psychotherapy** training is to;

- Understand the impact of mental health challenges on workplace performance.
- Recognize and address employee stress, burnout, and related issues.
- Develop skills in counselling and psychotherapy for workplace needs.
- Design wellness programs tailored to organizational dynamics.
- Foster a culture of resilience and mental well-being.

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

- HR Professionals
- Workplace Counsellors
- Managers Promoting Employee Wellness
- Organizational Wellness Strategists

CHRP. Den PN Gathitu
Secretary General
Academy of Certified Human Resource Professionals