

Academy of Certified Human Resource Professionals Ltd.

Regus Suites, I&M Tower, 15th Floor, Kenyatta Avenue,

P. O. Box 18582 - 00100, Nairobi, Kenva.

1 +254 700 722 522 **1 2** +254 722 300 245.

IHRM: C00259 NITA: NITA/TRN/1234

Workplace Mental Health Awareness Champion Training

Date	Time	Duration	Venue	CPD	Cost (Excl. VAT)PP
2nd - 7th Feb, 2026	08:30 AM-4:00 PM	6 Day(s)	Blooming Suites, Naivasha	6	60,000.00

Course Overview

This immersive course equips HR professionals, wellness coordinators, and people leaders with advanced tools to deliver mental health support and emotional counseling within organizational contexts. Participants learn to create psychologically safe spaces, intervene ethically in mental health cases, and champion wellness initiatives that respond to real behavioral risks. Grounded in workplace realities and aligned with mental health protocols, this course blends counseling psychology, therapeutic frameworks, peer support design, and strategic policy alignment. Graduates emerge as certified internal counselors equipped to transform

Course Objectives

By the end of this program, participants will be able to;

- Apply foundational counseling principles and behavioral health techniques in workplace scenarios.
- Conduct effective supportive sessions and emotional check-ins with staff.
- Recognize symptoms of workplace trauma, anxiety, depression, and burnout.
- Deliver low-level therapeutic interventions and refer complex cases ethically.
- Design targeted mental wellness plans using organizational diagnostics.
- Facilitate coaching and conversations that promote psychological safety.

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

Dent Sethilu

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



To;

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DATE: 09:12:2025

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PROFORMA INVOICE

QTY	DESCR	IPTION			NET (KE	S) VAT (KES)	GROSS (KES)			
1	training	lace Mental Hea from 2nd - 7th l Naivasha		60,000.00	9,600.00	69,600.00				
GROS	GROSS (KES): Sixty Nine Thousand Six Hundred 69,600.00									
PARTICIPANT(S) DETAILS										
NO.	. NAME		EMAIL ADDRESS			TELEPHONE	TELEPHONE			
PAYMENT DETAILS										
M-PESA Pay Bill No: 247247 Account No.: 300245 Amount: KES 69,600.00										
BANK NAME ACCOUNT NAME ACCOU						OUNT NUMBER				
Equity Bank Academy of Certified Human Resource P			an Resource Profe	essionals Ltd						
Bank Branch: Kenyatta Avenue Branch Code: 129 Swift Cod					le: EQBLKENA					
FUNDING CONFIRMATION / TAX DETAILS										
I, the undersigned, confirm that funds are available for the above training.										
Name of Organization:										
Org. KRA PIN: Org. Mobile No.:										
Confirmed By:										
Signature: Date & Stamp:										
NOTE	NOTE THAT:									

- 1. Full payment is expected to be received prior to the event
- 2. Only those Delegates whose fees have been paid in full will be allowed to the event
- 3. Send a scanned copy of the duly completed Nomination Form to admin@achrp.org
- 4. The above training Cost does not include Transport & Accommodation

Email the payment advice with this duly filled, signed, and stamped form to admin@achrp.org